

# ***Whole Running Camps***

***Three Coaches, Three weekends,  
Three reasons to join...***

**Contact: [Ochse@rcn.com](mailto:Ochse@rcn.com) | 610.349.5309**

**#1: Run faster than ever before!**

**#2: Run with less pain!**

**#3: Have fun!**

## **Three Summer Camps:**

**June 20 – 22 | July 18 – 20 | September 19-21**

## **Your Coaches**

**James W. Ochse, ATC, CSCS, \*D, NSCA-CPT, \*D, PES**

**Certified Strength and Conditioning Coach**

**38-years running experience**

**22-years Athletic Trainer**

**Running Coach**

**Shannon Martin-Morehouse, M.A, CHHC**

- Champion Runner with 20 years experience
- Holistic Sports-Nutrition Coach
- Life Coach

**Brent Morehouse, B.S., CSCS**

- Champion Runner with 15 years experience
- Cycling & Triathlon Coach
- Exercise Physiologist
- Personal Fitness Coach

## **The Program**

**What:** Three, weekend Running Camps that include: training runs, strength training, running biomechanics, lectures, guest speakers, nutrition coaching, injury prevention, massage therapy, healthy meals, and more!

**Where:** Lehigh Valley, Pennsylvania

**When:** June – August 2008

**Who:** novice to elite runners, injured too!

**More Info:** [ochse@rcn.com](mailto:ochse@rcn.com) | 610.349.5309

### **Cost and Registration**

The cost is \$150 / camp plus a \$50 registration fee, before June 1st. \$50 late fee applies after June 1, 2008.

**Registration closes June 10<sup>th</sup>.** This program is limited to 30 runners.

Purchase all three camps for \$400 and no registration fee – save \$100.

Reserve your spot by calling or e-mailing  
[ochse@rcn.com](mailto:ochse@rcn.com) | 610.349.5309

