



The Cape Cod Running Camp Activities:



The Snake River Run - A 2.5 mile race on the Cape Cod Bay Sand flats. Competitors run down the beach from the Cape Cod Sea Camps to the Snake River in Orleans and back. It is a barefooted event! Awards to the top 3 finishers.

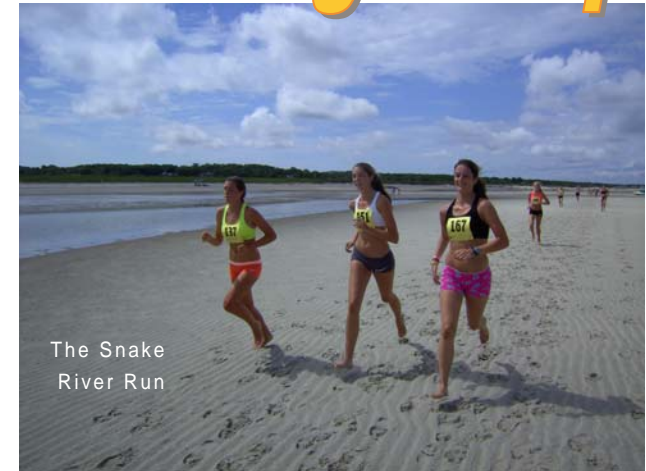
Xbox 360 Competition - An evening activity. A round robin competition between Xbox 360 gamers. It will be a week long gaming battle for video game supremacy. Awards to the top 3 winners. Are you up for the challenge?

Jewelry Event - Jewelry making at it's finest! Your collection will be judged by the Directors and Counselors. Awards to the top 3 winners.

Talent Show - iPod sing-a-long/dance/acting competition. To be judged by the Directors and Counselors. Awards to the top 3 winners.

Saturday Night Pizza/Dance Party - Our DJ will rock the night away. Dress to impress.

The Cape Cod Running Camp



The Snake River Run

Tuesday, August 21st to Sunday, August 26th, 2012

Entering into our fifth year, The Cape Cod Running Camp is located directly on Cape Cod Bay. Our cabins are just feet from the beach and a short run to the wooded trails of Nickerson State Park. The Cape Cod Running Camp is open to Boy's and Girl's, ages 13 to 18.



Aqua Jog Relay

The Cape Cod Running Camp offers:

- ~ 6 days and 5 nights of lodging.
- ~ Camp Tuition for the week is \$620.00.
- ~ Professionally cooked meals including breakfast, lunch and dinner.
- ~ Bus transportation from select New Jersey, New York and Connecticut areas.
- ~ 2 running sessions a day.
- ~ Coaching from some of the best High School and College coaches in the country.
- ~ Nightly guest speakers and campfires.
- ~ Beach exploration walks.
- ~ Swimming in our Pool, Cape Cod Bay and the clear fresh water lakes of Nickerson State Park.
- ~ Regular trips to Cobies for Ice Cream.
- ~ Individual discount of \$50.00 for teams of 5 or more.
- ~ A free camp t-shirt to all campers.
- ~ A week full of amazing fun activities and a lifetime of fantastic memories.



Beach Walks on Cape Cod Bay



The Cape Cod Running Camp

The Cape Cod Running Camp, LLC
 c/o Roy Harrison
 143 Berkeley Road
 Fairfield, CT 06825
 203 400 2861
www.thecapecodrunningcamp.com



Cape Cod Bay, Brewster, Massachusetts

www.thecapecodrunningcamp.com

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“One of the best Running Camps in the country”

THE CAPE COD RUNNING CAMP

Director - Roy Harrison

The former Head Cross Country/Track Coach at Fairfield University and Assistant Cross Country/Track Coach at Quinnipiac University. During his tenure at Quinnipiac University, the Women were the 2007 New England Cross Country Champions and were 6 times Northeast Conference Cross Country Champions. The Men were 4 times Northeast Conference Cross Country Champions.

Co-Director - Sean Robinson

The Head Boy's Cross Country/Track & Field Coach at Morris Hills High School, NJ. He is considered one of the best High School Cross Country/Track Coaches in the country! His teams/athletes have won numerous Championships.



2011 Camp Counselors

Send check to: The Cape Cod Running Camp, LLC. c/o Roy Harrison, 143 Berkeley Road, Fairfield CT 06825 - August 21 to August 26, 2012
Camp tuition \$620.00 Non-refundable \$100 deposit. Payment in-full by 07/01/12. No refunds after 07/15/12.

Name _____
Street _____
City _____
State _____ Zip Code _____
High School _____
Phone _____
Email _____
Sex ___ Age as of 08/21/12 _____
Roundtrip transportation \$95.00 (circle pick-up/drop-off area) Rockaway NJ - West Nyack NY - Milford CT.
Activities \$10.00 each (circle) Jewelry Event - Xbox Competition.
T-shirt size (circle) Small Medium Large X-Large
Total amount enclosed _____



Talent Show

Ice Cream Night

Dance Party

2012 Guest Speakers:

- Karen Boen** - Director of Men's and Women's Cross Country/Track & Field, Stonehill College.
- Shawn Green** - Former Head Cross Country/Track & Field Coach at Quinnipiac University and Southern CT State University.
- Dan Ireland** - Director of Men's and Women's Cross Country/Track & Field, La Salle University.
- Edward O'Connor** - Dean of Health Sciences, Quinnipiac University.
- Jason Saretsky** - Director of Men's and Women's Cross Country/Track & Field, Harvard University.



Guest Speakers



2011 Team Competition Champions



Visit our website for more details
www.thecapecodrunningcamp.com