

Camp Schedule

Check In: Sunday July 23 (4:00-5:00)

Departure: Thursday July 27

Daily Example

7:30 – Wake Up

7:45 – Breakfast

8:30 – Guest Speaker/Camp Meetings

9:30 – Morning Workout

(Blackwater Falls, Canaan, Black Bear)

11:30 – Lunch

1:00 – Team Competitions

(Putt-Putt, Volleyball, Basketball,
Olympics, etc.)

3:30 – Interactive Lectures

5:00 – Afternoon Workout

6:00 – Dinner

7:00 – Guest Speakers/Group Activities

8:00 – Movie/Film Analysis

11:00 – Lights OUT

Sunday – Time Trial (Determine Running Groups)

Thursday – Camp 5K Race



Guest Speakers:

Eric Cooper (Hurricane) – Sunday

Mikey Quinn (Bethany) – Monday

Nate Edwards (Glennville) – Monday

Ricky Moore (Wheeling Jesuit) - Tuesday

Mikev Cox (Concord) - Wednesday

Camp Counselors

Matt Dearth

WV Wesleyan, Bridgeport

Jordan Whitehair

University of Charleston, St. Marys High School

Brettley Harris

West Virginia Wesleyan, Webster County

Austin Hayes

West Virginia Wesleyan, Webster County

Adam Romano

West Virginia Wesleyan, Webster County

Ian Frailey

West Virginia Wesleyan, Bridgeport

Hunter Riffle

University of Charleston, Doddridge County

Maggie Drazba

West Virginia University, St. Marys

Sydney Pineault

West Virginia Wesleyan, Morgantown

Hannah Pineault

Akron, Morgantown

Kate Golinsky

Concord, Braxton County

Breanna Mazzella

West Virginia Wesleyan, Richwood

Joie Johnston

West Virginia Wesleyan, Hurricane



Adult Counselors – Dave Davis, Randy Nutter, Judy
Nutter, Johnna Whitehair

Country Roads

Running Camp



July 23-27, 2017

Boys and Girls

9th – 12th Grade

Location: Black Bear Resort

247 Lodge Drive

Davis, WV 26260

Director: Steven Nutter

steven_nutter@hotmail.com

304-377-0098

2017 Registration Application

Camp Info

Objective

Name: _____

Address: _____

City, State, Zip: _____

Phone #: _____

Email Address: _____

Age: _____ Gender: _____

Grade in School This Fall: _____

High School: _____

Roommate Request: _____

T-Shirt Size: _____

Family Contact: _____

Phone #: _____

Email Address: _____

2017 Camp Fee - \$250 Per Camper

Fees Include – T-Shirt, Awards, Tuition, Room and Board

Send Your Application and Payment To:

Steven Nutter

2278 Hebron Road

St. Marys, WV 26170

OR

PAYPAL – steven_nutter@hotmail.com

* Checks Payable to Steven Nutter, Memo - Country Roads Running Camp

*Limited Number of spots, please send entry in ASAP

Register Early: Space is LIMITED, so please send in application immediately. When mailing application please also send an email to steven_nutter@hotmail.com for record purposes.

Housing: Campers will be housed in Pedestal Cabins at Black Bear Resort. All housing is equipped with linens and towels. Each Cabin will be supervised by a Camp Counselor.



Physical and Insurance: At check-in we will ask for a copy of the athletes Physical and Insurance forms. The camp will also be fully insured with accident and liability coverage.

Facilities: Outdoor Heated Pool, Catch and Release Fish Ponds, Volleyball, Putt-Putt, Walking Trail, Basketball, and Tennis

What To Bring: Running Shoes, Spikes or Racing Flats, Swimsuit, Clothes for a week of Runs and Group Activities, Desired Recreational Equipment

Training Sessions: Runs will take place around Black Bear Resort, Canaan Valley, and Blackwater Falls. Wednesday we will be at Blackwater Falls where we will swim and also cookout. Thursday will be our Camp 5K Race at Canaan Valley Resort, all parents invited.

Awards Ceremony: We will have a Camp Awards Ceremony and Pizza Party at Black Bear following our Camp Race.

The objective of the Country Roads Running Camp is to educate each athlete in the various aspects of distance running that the staff feels is important in achieving improvement and success. While achieving this objective the staff will promote a TEAM SPIRIT where all will feel welcome and an important member of the Camp Family. In addition to running, campers will have an opportunity to learn important running tips, bond, and compete with other high school runners. Campers will also have access to some of the most knowledgeable and educated coaches in the state. These coaches will be speaking throughout the week on issues such as: training, racing tactics, establishing goals, training shoe selection, visualizing success, cross training, injury prevention, workouts, core work, correct form, appropriate behaviors, and nutrition.

The 2nd Annual Country Roads Running Camp is geared to help beginning and advanced runners. The staff, coaches, and I are excited for the opportunity to work with each and every one of you.

