

Greater Cleveland Cross Country Camp

Drop Off or Mail Registration Form to:
Second Sole Mentor, 8791 Mentor Ave., Mentor, OH 44060

Name: _____

Age: _____ Sex: _____ Grade: (As of Sept. 2024) _____

Address: _____

City: _____ Zip: _____

Phone: _____

School: _____ Coach: _____

Emergency Contact: (Name & Number) _____

Email: _____

Please fill out the following the best you can:

Best times 800m _____ Mile _____ 2Mile _____ 5K PR: _____

Present training miles (average per day) _____ Miles

Highest mileage ever done in one week _____ Miles

Longest run ever done _____ Miles

Camp group that best describes your running abilities coming into camp week.

____ Beginner (Not much running experience) K-4th grade

____ Middle School (Some running experience) 5-8th grade

____ Middle School - High School (intermediate runner) 8-10th grade

____ High School (Veteran runner or advanced runner) 10-12th grade

Please list any running related injuries you may have had or are currently dealing with:

Shirt size Adult: ☐ S ☐ M ☐ L ☐ XL Youth: ☐ S ☐ M ☐ L

Signature

Parent Signature

Entry and release of all claims – In consideration of the acceptance of my entry in the 2023 Greater Cleveland Cross Country Camp, I undersigned intending to be legally bound for myself, my heirs, my executors, and administrators, waive and release any and all claims for losses and damages I may have against the Greater Cleveland Cross Country Camp, any sponsors, officials and members of the said event and further agree that the above person will be responsible for the loss of personal items from this event. I represent that I am physically fit and have adequately trained to participate in this event, and have full knowledge of the risks involved in this event.

Make checks payable to Greater Cleveland XC

Entries received **before** May 31, 2024 - \$75.00

Entries received **before** July 8, 2024 - \$85.00

Entries received **after** July 8, 2024 - \$95.00

NOTE: NO REFUNDS

Our 21st Annual
Greater Cleveland 2024

Grades
K-12

XC CAMP

JULY 23 - JULY 27, 2024

8:00 am - 11:30 am

Shore Middle School • 5670 Hopkins Rd., Mentor



Presented by: **Second Sole Mentor**



CAMP INFORMATION

The 2024 Greater Cleveland XC Camp is geared for the beginner to the advanced runner, who is looking to have a better focus pertaining to the fundamentals of cross country running and conditioning, to obtain maximum benefit. Through group runs, guest speakers and group activities, each runner will leave with a positive attitude, tools to become an improved runner, and a better understanding of running. The XC camp will be held Tuesday, July 23rd through Saturday, July 27th from 8am till 11:30am at Shore Middle School in Mentor, Ohio. The camp is open to boys and girls kindergarten thru 12th grade. While being able to utilize the schools facilities, the camp also features an outdoor amphitheater for group activity, a cross country course, access to a Lake Metropark, miles of bike paths, and rural trails through the Mentor Marsh for training. The Greater Cleveland XC Camp is aware that our campers represent a wide variety of talent, motivations, and experience and we are prepared to tailor our camp to each person's needs. We hope each camper leaves with the love and passion that the staff at the Greater Cleveland XC Camp has. This year's camp will be the 21st edition of helping young people get better in the sport of cross country.

CAMP DIRECTOR



Bill Dennison
Mentor Boys and Girls
Cross Country Coach

Camp is led by Bill Dennison who is entering his 21st year as head cross country coach for the boys and girls teams at Mentor High School. Under his direction, the Cardinals have won 14 league titles, 13 district titles, 2 regional titles and a 3rd place finish at the state meet in 2008. In his 20 years as head coach, he has guided 16 of his teams to the State meet. He has coached 160 All League runners, 27 All Regional runners, 19 District champions, 1 Regional champion, and 9 All Ohio runners. Dennison has been a 5 time News Herald Coach of the Year and in 2006 he was named Ohio Cross Country Coach of the Year. Dennison owns and operates Second Sole Mentor and GCXC Racing with his wife Terese.

STAFF

The 2024 Greater Cleveland XC Camp staff will include former and current high school and middle school coaches, including head coaches JP Moran (Kirtland), Jeremy Verdi (Madison), Emily Long (Geneva), Ted Wagner (Mentor), and Geoff Weber (Riverside). The camp will also include previous high school and college standout runners.

PREVIOUS GUEST SPEAKER

Ted Rupe – Ohio's Elite Coach
(20 State meets)

Fred Keiser – Area's Elite Male Runner

Mark Godale – Ultra Runner

Joe Eby – All American

Tim Budic – All American

Andy Haney – All Ohio Runner

Bridget Franek – State Champion

Stephen Schulz – All Ohio Runner

Luke Grau – All Ohio Runner

Ed Best - State Title Coach

Dr. Briskin – Sports Medicine

Steve Hill – State Title Coach

Rachel Banks – State Champ

Brittney Aveni – State Champ

Jessica Ordorcic – Area's Elite Female Runner

Ella Gilson – State Champ

Jenn Harte – Yoga

Cassandra Schenck – State Champion

Kerry Banks – Nutritional

Cheri Clifford – Physical Therapist

Jeff Howard - 12 state titles

Dr. Sopchak - Wellness

Milt Place - State Title Coach

CAMP INFORMATION

For Whom: Anyone at any skill level boy or girl going into K -12th grade interested in learning and or becoming a better cross country runner.

Miles Run During Camp:

Beginner (5-12 miles)

Lower Mileage (15-25 miles)

Intermediate Mileage (25-30 miles)

Intermediate Higher Mileage (35-40 miles)

Highest Mileage (45-55 miles)

Seminars: Nutrition, Flexibility, Goal Setting, Buying Shoes, Race Strategy, Injury Prevention, Philosophy of Training, Mental Preparation.

Food: Daily Gatorade, fruit & bagels, pizza and chocolate milk on race day.

Recieve: Camp T-Shirt, Running Socks, and Daily Prizes.

Discount: Second Sole Mentor

Race: 5k race for 9th - 12th graders, 2 Mile race for 5th - 8th graders, 1 Mile race for K - 4th graders on the last day of Cross Country Camp.

For additional information, past results & directions go to
www.gcxcrcracing.com