

CAMP DIRECTORS



2016 will mark the 37th year for the NE Ohio CC Camp. Directors will be Ted Rupe, Chris Rupe and Fred Kieser. This trio along with the accompanying staff represents some of the finest runners and coaches in the Midwest United States.

Ted Rupe - In his over 45 years of competition and coaching, Ted has accumulated some fine credentials. He was the 1972 State CC Champion in Div. A, leading his team to the state title. He was world ranked in the 10 K in 1977, won the Cleveland Revco Marathon in 1986 and the 1986 Moscow Peace Race. As a coach, his teams have qualified for 20 straight state CC championships, 14 of these teams finished in the top 4 at the Ohio State Championships, including a 1997, 2002, 2003 and 2005 State Championship and runners up in 1990, 1998 and 2001. He also coached the 2000 track team that tied for a state championship. He was selected as Ohio's High School CC Coach of the Year for 1997-1998. Ted was inducted into the Ohio Track and Cross Country Hall of Fame in 2003 for his accomplishments.

Chris Rupe - boasts a 14:37 5k, and 24:10 for 5 miles and 2:21 marathon. He has finished as top Ohioan twice at Cleveland Marathon and twice at Columbus Marathon. Recently at McDonald HS he has coached 5 state championship 4x800 relay teams and state champions Becky Testa, Stuart Henderson, Bobby Johnson and former state record holder Ed Stonestreet. His 1999 Track and Cross Country teams were both state champions. His 2001, 2004, 2011, and 2013 CC Teams also won the state championship, while his 2000, 2002, 2003, 2007, 2010 and 2012 squads were runners-up. Chris was inducted into the Ohio Track and Cross Country Hall of Fame in 2013 for his accomplishments.

Fred Kieser - Fred has had a long career as a runner and coach. As a high school athlete his senior year at Kirtland he finished 2nd in cross country and was on the winning 4 x 800 meter relay. Then at Miami University he qualified for the NCAA championships in cross country and won his conference 3000m steeplechase title twice. After college Fred found his niche on the roads, especially in the marathon where he has won 3 big city marathons, qualified for two Olympic Marathon Trials, and has a PR of 2:17:20. Even at the masters level, Fred continues to compete including a masters national championship in the 15k, a second place in the 10k, and a 3rd place at the masters cross country meet. He coaches track and cross country at Saint Joseph Academy in Cleveland where his teams have qualified for 7 state meets with a best finish of 4th place.

CAMP PHILOSOPHY

The directors and staff of the NE Ohio CC Camp share the philosophy that lasting success in distance running must come from *within* the athlete. Regardless of the enthusiasm that coaches and parents share for the runner, the level of success will ultimately depend upon the runner's dedication and determination. The camp is thereby committed to instilling an attitude of enjoyment in each runner. For only when the runner learns a love of the sport, will they develop a work ethic allowing them to establish challenging goals and put forth the necessary training to accomplish these goals.

The camp is geared toward the junior high and high school runner that has a positive attitude towards self improvement through training designed to be strenuous yet rewarding.

The training runs at the camp will be broken into low, intermediate and upper mileages. Each runner should be in adequate condition to run a minimum of 6 miles each day, with the intermediate group covering an average of 8 miles each day and the upper group 10-12 miles.

THE CAMP

The NE Ohio CC Camp will be held at Tempel Hills Camp in Bellville, OH, 12 miles southeast of Mansfield. The 230 acre camp offers fine facilities including an Olympic size swimming pool, volleyball and basketball. The camp is in a rural setting, offering trails and rural roads for training. Runners will sleep on bunks in cabins or in dorm type facilities. The camp is owned by the United Church of Christ. Campers are expected to respect the facility and treat it accordingly.

More camp info can be found at
www.gopherarun.com



CAMP SCHEDULE

A typical day at camp includes:

7:00 - 7:15 AM	Wake up / Stretch
7:15 - 8:30 AM	Morning Run / Shower
8:30 - 9:30 AM	Breakfast
10:00-11:30AM	Morning Recreation
11:30 -12:30PM	Morning Clinic / Swim
12:30 PM	Lunch
1:30 - 3:00 PM	Afternoon Recreation or Rest
3:00 - 3:30 PM	Afternoon Clinic
3:30 - 5:30 PM	Afternoon Run / Shower / Swim
6:00 PM	Dinner
7:00 - 8:00 PM	Evening Recreation
8:00 - 9:30 PM	Evening Meeting
10:30-11:00 PM	In Cabin
11:00 PM	Lights Out - Sleep!

- Clinics at camp will be over topics including training, racing, diet, psychology of running, stretching, body composition, form, injuries, training logs and shoes.
- Nightly speakers discussing these and other topics will include college coaches, exercise physiologist, athletic trainers, shoe experts and top national runners.
- Camp participants will also receive:
 - Souvenir camp T-Shirt
 - Packet of running related gifts
 - Booklet of discussion topic handouts
- Three meals per day

REGISTRATION INFORMATION

Registration in the 2016 NE Ohio CC Camp must be completed online. Camp information will be communicated through the website and email. Be sure to provide an email address on the form that you check regularly since information will be sent periodically through that email.

Registration requires two steps:

1. Log onto www.gopherarun.com and complete the online application form.
2. Make the \$75 non-refundable deposit payment through the payment option shown after you complete the form. All deposits must be paid online. All major credit cards are accepted or a Paypal account.

The total cost of the camp is \$290. The \$215 balance of the fee being either paid by July 1st. Payment of the balance can be either made by check through the mail (info below) or paid online (a \$7 Paypal secure payment fee is added to become \$222). There are also three forms that will need to be completed prior to camp and mailed in.

1. OHSAA Physical Form - All runners attending camp will be required to send a copy of their school physical form signed by their doctor.
2. Camp Rules and Safety Form
3. Background Information Form

All of the three forms can be downloaded from links near the top of the web page at - <http://www.gopherarun.com/camp/>

We encourage runners to print out the forms, complete them and mail them in along with the balance of their payment prior to arrival at camp so that camp check in can be easier for you.

Two sessions of camp will be held this year; July 24-29 and July 31-August 5. Registration opens at 12:00 am on the morning of February 2nd. Registrants will be accepted on a first come, first serve basis until the camp capacity of 250 registrants is reached for each session. Last year this limit was reached at 5:00 pm on February 2nd. The NE Ohio CC Camp reserves the right to reject registrations to the camp to comply with both safety and disciplinary standards.

NE Ohio CC Camp
2533 Davis Peck Road
Cortland, OH 44410

Make checks payable to: *Gopher Running*



Above is the staff from the 2015 NE Ohio CC Camp. The staff for the 2016 NE Ohio CC Camp will include many of the same staff with some additions:

Cory Leslie - Perkins High School, Ohio State University, assistant coach Furman University, and runs for Nike. HS state champ in 800, 1600, and cross country. PRs 1500 3:37.97, 1 mile 3:56.18, 5k 13:43.73, steeplechase 8:20!!! 3rd NCAA steeplechase.

Adam Bray - competed for Canal Fulton Northwest and the University of Akron. Currently the distance coach at the University of Pittsburgh also has experience at Maryland, Illinois, and Temple.

Rick Williamson - Has run 3:51 for 1500 and 14:35 for 5K. Former coach of Aurora High School, Northwood University, Notre Dame College and currently the distance coach of Wright State University.

Brad Hunt - Distance coach at Wake Forest. Hunt placed fourth in the 800 meters and sixth in the mile at the 1997 Mid-American Conference Indoor Championships. He also was fourth in the 1,500 meters and sixth in the 800 meters at the 1997 MAC Outdoor Championships. Hunt also recorded the fourth-fastest indoor 800-meter time (1:52.81) in Kent State history during the 1996-97 campaign.

Craig Rupe - Completing senior year at University of Akron where he lettered in cross country and track and was CC Co-Captain. Was 1st Team All-Ohio as a senior in CC at Maplewood and was a member of two state championship CC teams and one track team.

Tara Gruskiewicz - Former 2:12 800m runner for Baldwin Wallace and 2:53 marathoner after college. Currently coaching at Independence and Brecksville High Schools, has also coached at Avon and Avon Lake High Schools.

Michelle Rupe - Brecksville High School, The Ohio State University, qualified for two Olympic Trials in the marathon with a PR of 2:41

Jason Headman - former Edgewood High School and University of Akron standout. Successful post-collegiate runner and current coach at Stony Brook University in NYC. Has also coached at Heidelberg College, Allegheny College, and Binghamton University.

Andy Morgan - Maplewood High School and University of Akron Standout. PRs 3:51 (1500), 14:16 5k, 24:06 8k, 29:38 10k. Currently training full time.

Alexa Rick - Elyria Catholic and Ithaca College. All-Ohio cross country runner and state qualifier in 800m. 18:22 for 5k and 22:01 for 6k in college and top runner on national qualifying team.

Eric Rupe - Maplewood High School and currently at Youngstown State University. HS PRs of 1:55/4:16, and 16:11 in state cc. College 3:53 for 1500 (4:10ish), 9:23 steeplechase, and 14:55 for 5k.

Colby Alexander - Strongsville and currently at University of Oregon. State champ 1600 4:09, Foot Locker finalist cross country. 1500m PR of 3:44.23 (4:01 mile)

Corinne Kule - Chardon High School and West Virginia University. PRs 5:15, 11:13, 18:13 (11th state cc).

Ally Markovich - Hawken School and Princeton University. PRs 4:57 for 1600 (1st place state meet) and 10:50 for true 2 miles at New Balance Nationals (2nd place). 18:19 at state cc meet - 4th place.

Natalie Vidacs - North Royalton and University of Pittsburgh. PRs 5:23, 11:50, and 19:03 at the state cc meet.

Joe Eby - Walsh Jesuit HS and Mount Union. He was college all American in 1500m run. PRs of 3:44 for 1500 (4:01 mile) and ...Has coached at Depauw University, McPherson College, Wichita State, Nebraska and is currently at Sacramento State.

Kyle Polman - Independence and Oklahoma. 5k track 14:55 (13th at New Balance Nationals), state champ 3200 state record Div III 9:12.01. 1600 PR 4:25.5. CC 15:23 for 3rd place.

Mark Hadley - Boardman High School and Furman University - 2013 Div I State XC Champion PRs - 5K-15:01, 3200m - 9:05.6, 1600m - 4:12.8

Garrett Crichlow - Twinsburg High School - 4th place in 2014 Div I State Track 1600m, PRs - 1600m - 4:11.3, 5K - 15:29.98

Updates on 2016 camp staff will be listed on www.gopherarun.com as camp approaches.

Camp Directors:
Ted & Chris Rupe
Fred Kieser



2015 Footlocker National Champion Drew Hunter speaking at the 2015 NE Ohio CC Camp with coaches/parents Marc and Joan Hunter

**2016 NE Ohio
Cross Country
Camp**

Week I - July 24-29

Week II - July 31-Aug 5