

# Dick Beardsley's

## MARATHON RUNNING CAMP

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-mail \_\_\_\_\_

Phone (Best #) \_\_\_\_\_

Male  Female  DOB \_\_\_\_\_

#of years running \_\_\_\_\_ #of marathons run \_\_\_\_\_

How will you travel to camp? Airplane  Auto

Room Type

Single  Double  Triple  Quad  Camping

List choice of roommate(s) if applicable (applies to double, triple, and quad rooms) \_\_\_\_\_

**Session** September 6-11, 2011

### Payment Amount

Deposit 

Half of fee required; balance due Aug. 15
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 Amount \$ \_\_\_\_\_

### Payment Method

Check (payable to **Rainbow Resort/Dick Beardsley's Marathon Running Camp**; US funds only, drawn on a US bank)

MasterCard  VISA

Acct # \_\_\_\_\_ Exp \_\_\_\_\_

Name on card (please print): \_\_\_\_\_

Signature \_\_\_\_\_  
(Required for credit card payment)

### Cancellation Policy

If you have to cancel your spot at camp, and we can fill it with someone from the waiting list, we will refund your deposit, minus a \$50 administrative fee. Otherwise, your deposit is forfeited in full.



Mail your application and fee to

Dick Beardsley's Marathon Running Camp  
206 N. Randolph, Suite 400  
Champaign, IL 61820  
217/359-9345  
E-mail: [beardsleycamp@marathonandbeyond.com](mailto:beardsleycamp@marathonandbeyond.com)

## Camp Staff

**Dick Beardsley** is a running legend. His career includes wins at London, Napa, and Grandma's, where he is also the course record-holder. Dick has the fifth-fastest U.S. men's marathon time, 2:08:53, which he ran at Boston in 1982. Dick is a member of Team New Balance, a motivational speaker, a fishing guide, a best-selling author, and president of the Dick Beardsley Foundation.

**Rich Benyo**, *Marathon & Beyond* editor, has authored 21 books on fitness, health, and running. He has completed 37 marathons. He and running partner Tom Crawford were the first runners (in 1989) to complete the Death Valley out-and-back course from Badwater in Death Valley to the peak of Mt. Whitney and back.

**Mary Coordt**, Nutrition M.S., is a health educator/physical activity specialist and speaker. She became a competitive runner 13 years ago when she discovered her passion for the marathon. She has run over 30 marathons, is a four-time winner of the Napa Valley Marathon, two-time winner of Big Sur, and participated in the 2000, 2004, and 2008 U.S. Olympic Marathon Trials. At the 2009 Twin Cities Marathon, Mary qualified for the 2012 Olympic Marathon Trials with a PB of 2:45.

**Mike Dunlap**, two-time Olympic Marathon Trials qualifier, coordinates Cardiac Rehabilitation at Sanford Health in Sioux Falls, SD. He has an MS in exercise physiology and a marathon PR of 2:18. Mike has enjoyed a 20-year running and 20-year cycling career.

**Joe Henderson** has written 27 books on running and countless magazine articles. He authors the "Joe's Journal" column for *Marathon & Beyond*. A veteran of more than 700 races, Joe teaches running classes at the University of Oregon in Eugene and coaches the local Marathon Team.

**Rhonda Provost** was the first woman to attempt and complete the grueling Death Valley/Mt. Whitney double-crossing. A nurse anesthetist, Rhonda regularly spends her spring vacation back in her hometown of Boston, to run its famed marathon.

**Jenny Stinson**, assistant camp director, ran her first marathon in 1996 and has completed 19 marathons and 15 ultras. For six years, Jenny coached the Chicago Arthritis Foundation Joints in Motion marathon training team. Jenny owns a small biotechnology company and lives in Boise, Idaho.

**Bill Wenmark**, retired health care CEO, is founder, president, and coach of ALARC, the country's largest fitness and marathon running club. A 2006 and 2009 World Senior Games mountain bike champion with 4 gold medals, Bill has run 100 marathons, 2 Ironman triathlons, and completed the Leadville 100-mile run, in addition to the Leadville 100-mile bike "Race Across the Sky," which he has finished 14 times, one of only 10 in the world to do so.

Camp director **Jan Seeley** is the publisher of *Marathon & Beyond*. A long-distance runner since 1974, Jan was also a 4-year member of the U.S. National Field Hockey squad. Jan's 20+ years as an event director prepare her well to direct Dick's camp. She is the co-director of the Christie Clinic Illinois Marathon, and her last running adventure was a Grand Canyon rim to rim run.

Dick Beardsley's



MARATHON RUNNING CAMP

Limited  
to 35  
campers!

Sponsored by  
New Balance, CLIF Bar  
*Marathon & Beyond*, Balega,  
and ZombieRunner

September 6-11, 2011  
Rainbow Resort, Waubun, MN

## Welcome Notes



We'd like to invite you to the ninth annual Dick Beardsley Marathon Running Camp. Our first eight years were unbelievable. They exceeded our expectations and then some! Our staff is fantastic and their marathon knowledge is impressive. But more important, our coaches are down to earth people who care about you and your running. We're thrilled to have New Balance, *Marathon & Beyond*, *ZombieRunner*, *Balega*, and *CLIF Bar* as our camp sponsors.

The trails and back roads of Northern Minnesota are just awesome to run on! You will see a lot of wildlife, and the call of the loons will lull you to sleep at night and greet you the next morning. Please join us for six of the best days of running of your life. We can hardly wait to run with you all! Take care and good running!!

— Dick Beardsley and Jan Seeley, camp directors

Rainbow Resort welcomes you to Dick's marathon running camp. We are proud to be the venue again for this wonderful event and look forward to your visit. Please do not hesitate to contact us about the resort at our toll-free number 888/734-1140 or at our Web site [www.rainbowresort.com](http://www.rainbowresort.com).

— Linda & Doug Schumann (site hosts), Mike Schumann & Amy Xu (hosts)



*"I came to camp to become a better runner and left a better person."* —Pat Loebach

*"As a returning camper, I was once again moved by the experience and reminded that the finish line is not the end of the race, but just the beginning."* —Greg Hammes

## RAINBOW RESORT



Dick's camp takes place on the peaceful and scenic grounds of Rainbow Resort in Waubun, MN, 4.5 hours northwest of the Twin Cities. Staff and campers live in modern 3- and 4-bedroom, family-style vacation lake homes with all the comforts of home — full bathrooms, living room, complete kitchen, and dining area. Situated on Little Bemidji and Big Elbow lakes, along the Ottertrail River, the resort has more than 500 acres, miles and miles of private trails, and more than a mile of shoreline.



In addition to the great running, campers can enjoy many other activities at Rainbow Resort: fishing, swimming, mountain biking, canoeing, kayaking, 9-hole disc golf, pontoon rides, trail rides, volleyball, and more.



Rainbow Resort also has a lodge, as well as a recreation center with a game room and self-service laundry. Just a 1/2 hour away is beautiful Itasca State Park and the headwaters of the Mississippi. Tamarac National Wildlife Refuge is a few miles from the resort.

*"I found spiritual inspiration and a wonderful freedom in a positive relaxed environment. (I blame Dick Beardsley and the coaching staff—perhaps I can even have definitive proof after Boston)."* —Al Neil

*"Running camp gave me the tools and the confidence to set and achieve goals I never imagined."* —Denise Hovey

## Camp Information

Looking to take your marathoning to a new level? Dick's camp could be your ticket to new heights, a PR, or even a Boston qualifier. Dick's camp isn't just a running camp— it's a MARATHON running camp. Each day, our seminars and our runs will focus on the specifics you need to be a better marathoner. The camp will help you run LONGER, BETTER, SMARTER.

Camp is open to marathoners aged 18 and older (teen campers welcome, too, with a parent or guardian also registered at camp). Campers should arrive between noon and 4:00 p.m. on the first day of camp, which officially kicks off with a run, dinner, and an opening talk. Camp ends with a final run involving the campers and staff, followed by a brunch. Daily seminars and runs will focus on the types of running that every successful marathon training program should include: hill training, tempo running, long-distance running, and speedwork. We will also run the Dick Beardsley Half-Marathon (or 5K) on September 10.

Our fantastic staff will be available the entire week for countless one-on-one time as well. You will get personalized help to create a training program that is right for you. Give us a week and your marathoning will never be the same!

For more information or to get your camp questions answered, call 217/359-9345 and ask for Jan Seeley.

**Fee Schedule** (includes 5 nights, all meals, beverages, coaching, seminars, 1-year Marathon & Beyond subscription or renewal, camp goodies, and more!)

- single occupancy (1 bed): **\$1,225** per person
- double occupancy (1 or 2 beds): **\$975** per person
- triple occupancy (2 beds): **\$900** per person
- quad occupancy (2 beds): **\$850** per person
- camp site (double occupancy): **\$825** per person

(Sign up with a friend or friends and pick your own roommate(s), or agree to double occupancy and we'll match you with a suitable roommate.)

*"The best part of camp is the unexpected. We come in search of better runs and leave as teammates, friends, even family."* —Joe Henderson