

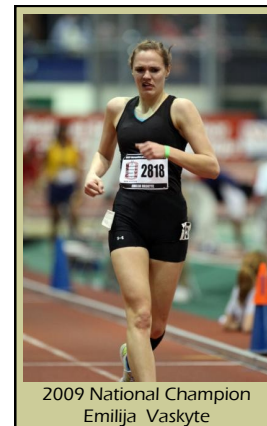
Foundation Running Camps

www.FoundationXCCamp.com

The RACEWALK Program August 22 thru 27, 2010 at Camp Pontiac, NY

We welcome all RACEWALKERS entering grades 7 – 12 to join us for:

- Training that focuses on proper technique, speed and endurance
- Outstanding instruction by some of the nation's best coaches
- Appropriate programs designed for athletes on all levels... from novice to elite
- Video analysis of racewalking mechanics using state-of-the-art technology
- Educational activities that focus on nutrition, proper footwear, injury prevention, competitive psychology and rules of the sport
- Top notch athletic facilities include weight room, aerobics/yoga rooms, cardio and spinning room and multiple indoor complexes
- Evening Activities include DJ Dances, Open-mic nights, Talent Show, Karaoke, Ice-Cream Parlor, Air-conditioned Movie Theater, and much more!



SAUCONY



**RUNNER'S
EDGE**



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FoundationXCCamp

Introducing Dave McGovern!

Foundation is proud to welcome Dave McGovern to it's staff. The most experienced and productive racewalking coach and clinician in the US, and perhaps the world, Dave McGovern is the author of "The Complete Guide to Racewalking Technique and Training". During his 25-year competitive career, Dave has won 13 U.S. National Championships and has competed on 18 International Teams for the USA. In addition, Coach McGovern was the Junior Coach for the US at the 2008 World Cup of Racewalking in Cheboksary, Russia, and he has had ten of his athletes qualify for the United States Olympic Track & Field Trials!

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For pics, videos, registration forms, and more information, please visit our website!

Registration for Sleepaway Camp!

RACEWALK PROGRAM

August 22-27, 2010 at Camp Pontiac

Name Last	First	Entering Grade	M / F Gender	
Street Address	Town	State	Zip	Home Phone
Date of Birth	School	Coach	Best 1500m Racewalk	
Email address (Print clearly!)				

Registration fee: \$495.00 (\$450.00 BEFORE April 1)

Make check payable to: **Foundation Cross Country** and mail to: **19 Oxford Place, Rockville Centre, NY 11570**
Medical Forms, directions and camp information will be mailed to you after receipt of registration.