

## About the Camp:

This camp was founded in 2011 as the Three Rivers Running Company stepped in to fill the need for a distance running camp in Northern Indiana. Having established themselves as the area experts in running specialty, they wanted to give back to the area youth by sponsoring a lower priced running camp to give athletes the knowledge and training necessary to accomplish their middle school and high school goals and find a life-long passion for the sport of distance running. They partnered with Rick Hammer and Brian Cashdollar who directed the Yoder-Begley Cross Country Camp for the past 4 years.

Brian Cashdollar has been the head Coach at Manchester College for 12 years. During his tenure the Spartans have won 6 conference titles in cross country and 1 in track. In 2010 they were the 7<sup>th</sup> best men's cross country/track program in the nation at the NCAA DIII Level. They have won three consecutive Cross Country Conference Titles, sent 2 men's teams to nationals, and one women's individual in the last 3 years.

Rick Hammer has been involved in collegiate coaching for the past 8 years and assisted at Manchester for three of those years. He currently coaches at Lewis University in Illinois where his distance runners have racked up 7 All-American Awards, a GLVC conference runner of the year award, and a freshman of the year award in the past three seasons. He has also coached 2 USATF Junior National Qualifiers in the distance events.

## Camp Highlights:

- Camp Notebook
- Three Rivers Distance Camp Shirts
- Air-conditioned dorms
- Gait and postural analysis
- Informative Lectures Covering:
  - Race Strategies
  - Training Theory
  - Nutrition
  - Being a good teammate
  - Cross Training
  - Injury Prevention
  - Shoe Selection
  - Core Work
  - Strength Training
- Games and tournaments with prizes
  - Prediction Run
  - Three Rivers Running Co. Relay
  - Running Knowledge Quiz
  - Three Rivers Running Co. Challenge
  - Ultimate Frisbee
  - Scharbade
  - Kickball
  - Volleyball

2012

# THREE RIVERS RUNNING COMPANY Distance Camp



North Manchester, IN

JULY 22-26, 2012

Hosted By

Manchester College

604 E. College Ave.  
North Manchester, IN 46962

