

## General Information

The camp is for any high school or middle school student who desires to learn more about competitive running. The primary goal of the camp is to educate all campers about the developmental process of running and racing at a high level. **Our goal is to help prepare the athlete for the upcoming cross country and/or track season.**

Black Hills State University (BHSU) is located in Spearfish, SD. The area provides endless miles of running trails and mountain roads for ideal training. The 114 mile long incredibly scenic Mickelson Trail, located within fifteen minutes of BHSU, consists of 14 different trailheads ranging from 4,000 to 6,200 feet offering a training trail that is ideal for distance running. Spearfish lies in the Northern Black Hills, at an elevation of 3,600 feet and is surrounded by Crow Peak, Lookout Mountain, and Spearfish Mountain. A mild climate contributes to BHSU's and the area's reputation as a training **MECCA** for distance runners.

The Donald E. Young Sports and Fitness Center houses a six-lane 200 meter Mondo surface indoor track, a complete weight and fitness room, an indoor lap pool and a therapeutic pool.

BHSU just completed the renovation of the outdoor 400 meter Rekortan track. The BHSU coaching staff chose the Rekortan surface for its excellent training properties. BHSU's facilities and surrounding Black Hills prove instrumental in developing each athlete to their full potential.

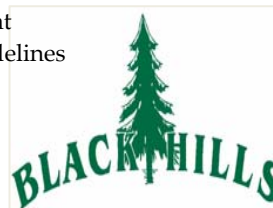
## Cost

\$190 for a day camper  
\$250 for a full camper  
\$150 per coach

There is a discount of \$25 per camper for five or more athletes from the same school. Coaches who stay in the residence halls will be charged \$75. A nonrefundable deposit of \$50 must accompany the registration form. Payment is due in full by Friday, July 14th.

## Camp Features

- ★ The human body and training
- ★ Technical analysis of running form
- ★ Sessions on strength training, proper nutrition, goal setting, and motivation
- ★ Developing your training
- ★ T-shirt and Asics shoe bag
- ★ Camp race on final day
- ★ Current fitness assessment
- ★ Practice and training guidelines
- ★ Hydro training
- ★ Steeplechase training
- ★ Terminology
- ★ Racing tactics



## What to Bring

- ★ Campers should bring bedding or sleeping bag, pillow, towels, swimsuit, training clothes, two pair of running shoes, one pair of spikes or racing flats, and personal toiletries.
- ★ Optional items may include a camera, cards, sunscreen and spending money.
- ★ BHSU t-shirts, sweatshirts, and snacks are available for purchase.
- ★ Neither the camp nor its employees are responsible for lost or stolen money or belongings.

## Meals

A nutritious continental breakfast will be served after each morning run. BHSU dining hall for lunch and dinner including salad bar, sandwich and soup bar.

## Check-In/Lodging

Sunday, July 27, 3:00-4:00 pm - Pangburn Hall

## Check-Out

Wednesday, July 30 at 11:00 am

**Campers bring a running t-shirt for our annual t-shirt exchange!**

*Run With The Yellow Jackets!*

## **8th Annual Black Hills Distance Running Camp July 27-30, 2008**

*Held on the campus of  
Black Hills State University  
in the beautiful Black Hills*



The camp is open to high school boys and girls, of all abilities, from beginning eighth graders to those entering their senior year.

For more information  
[www.BHSU.edu/Athletics](http://www.BHSU.edu/Athletics)  
Select: Cross Country, Summer Camp

**BHSU is the only NAIA University to have both men's and women's teams qualify for the national championship meet for the past eight years!**

**BHSU CROSS COUNTRY #1!!!**



The camp is under the direction of Scott Walkinshaw, Head Coach BHSU Cross Country/Track and Field

Under his guidance, BHSU has won fifteen conference cross country championships and three runner-up finishes out of nineteen conference meets. The last eight years, BHSU has excelled at the national level, with the men placing second, ninth, fifth, second, seventeenth, eighth, seventh and second; the women ninth, fifth, third, eighth, eleventh, second, fourth and eighth. In 2000, BHSU was the NAIA Combined Team National Champions, runner-up in 2001, 2002, fifth in 2003, and third in 2005, 2006 and 2007. During Coach Walkinshaw's ten years, BHSU Cross Country runners have earned twenty six All-American Honors. BHSU has also had the first American finisher thrice in the men's and once in the women's championship race.

Coach Walkinshaw was voted 2001, 2003, 2005 and 2006 men's and women's DAC-10 and Region III coach of the year. He earned 2002 DAC-10 and Region III women's coach of the year honors. In 2007 he was the men and women's DAC Coach of the Year as well as the Region III men's coach of the year. He was named 2000 NAIA Men's National coach of the year, and selected as the college coach of the year by the South Dakota Sportswriter's Association in 2001. In his ninth years at BHSU, Coach Walkinshaw has been named conference coach of the year fourteen times in cross country – seven women, seven men – as well as being selected by his peers in the South Dakota Cross Country/Track and Field Association as the Cross Country coach of the year in 1999, 2000 and 2003. Prior to coming to BHSU in 1998, he was selected as the 1983 Utah High School Cross Country Coach of the Year. Coach Walkinshaw feels the training environment in Spearfish and the Black Hills has contributed greatly to the team's success.

Camp staff members include current and former members of the BHSU Cross Country team, as well as coaches and guest speakers from BHSU and the area.

## Featured Clinicians

### Del Hessel

Dell Hessel has had an outstanding career as an athlete, coach and author. His success in track and field as an athlete includes winning the 400 and the 800 in the Colorado State High School Meet as well as running the 800 meters in the NCAA and USA Championships as well as two Olympic Trials (1964-1968). Del held the CSU school record in the 800 meters from 1963-1991 and was nationally ranked in the top 10 at 800 meters for three consecutive years. His college coaching career of thirty-five years included qualifying all three schools he coached at (New Mexico, Western Kentucky and Colorado State) to the NCAA cross country national championships. He was voted conference coach of the year 16 times. Del has been inducted into the Colorado State University Hall of Fame and has authored three books. He has also served eleven years as the national chairman for the US Olympic Development Committee for the middle distance events.

### Jesse Coy

A graduate of Black Hills State University, Jesse Coy begins his fifth year of coaching track and cross country at the high school level. Coach Coy is currently the Head Cross Country and Head Girls Track Coach at Hill City High School. During his three years of coaching cross country, Coach Coy guided teams to Top-6 finishes each year at the SD State Cross Country Championships. Last season the Hill City boys were the Class A State Cross Country Champions. During the last two seasons of coaching track in Hill City, Coy's distance runners set four school records and have placed at the SD State Track Meet fourteen times. The Hill City boys were the 4 x 800 State Champions and distance runner Andy Coy won the Dakota Elite 800 meter race in Fargo, ND. Coy completed his collegiate athletic career at BHSU after running at the U of SD. While at BHSU, Coy ran on the 7th place 4 x 800 meter relay team at the 2004 NAIA Indoor National Track Meet. In high school, Coy was part of the 1998 Class A State Champion Track team from Hill City High School. Along with his coaching duties at Hill City, Coy teaches language arts at the middle school. Coy is a USATF Level I Certified Track and Field Coach.

## Black Hills State University

### PARENTS OR GUARDIANS AGREEMENT OF WAIVER OF LIABILITY, INDEMNIFICATION AND MEDICAL RELEASE

*(For use by adults during special events and activities if the participant is under 18 years of age.)*

The undersigned parent and natural guardian or legal guardian does hereby acknowledge that he/she is aware of the dangers involved in participating in Black Hills Distance Running Camp. Said undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees on behalf of the participant and his/her executors, administrators, heirs, next of kin, successors, and assigns, to:

- waive, release and discharge from any and all liability for participant's death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to participant and his/her estate, the State of South Dakota, and its officers, agents and employees; and
- indemnify and hold harmless the State of South Dakota, and its officers, agents and employees from and against any and all liabilities and claims made by other individuals or entities as a result of participant's participation or actions during this activity or event.

The undersigned further consents to and authorizes medical treatment to the participant which may be deemed advisable in the event of injury, accident or illness during this activity or event. This release and waiver shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I, the undersigned, acknowledge that I have read and understand the above Release.

Athlete	
Address	
City/St/Zip	
Name of Parent/Guardian	
Phone Number	
Signature	
Date	
School	Year