

Northwest Ohio Distance Running Camp

Distance Running and Motivational Camp for Junior High & High School Runners

June 28-July 1, 2009



Dan Graber

Dan Simpson

Greg Zumberger

Coaching Staff:

Dan Graber – Centre College Assistant Coach

Dan will begin his 2nd year as assistant coach at Centre College in Danville, KY this fall. Last year he helped lead Centre to the NCAA DIII South Regional title and their 4th appearance in the past 5 years at the NCAA DIII National Meet. As an athlete at Heidelberg, Dan was a 2 time Academic All-American, a 3 time member of the Academic All-OAC.

Dan Simpson – Defiance College Assistant Coach

Dan is set to begin his 2nd year as assistant coach at Defiance College. He assisted the Lady Jaguar's of Augusta State University (Georgia) during the 2008 Outdoor Track and Field season. A 2007 graduate of Heidelberg, Simpson helped lead the Student Princes to back-to-back NCAA Div. III Cross Country Championship appearances, finishing in the top three individually at the Ohio Athletic Conference Cross Country Championships during that span ('06 & '07). Simpson left Heidelberg as the school's record holder in the 5k and has been a camp counselor at Camp Fitch (Erie, PA) since 2003.

Greg Zumberger – Heidelberg University Assistant Coach

Greg recently completed a one year stint at his alma mater Heidelberg University, where he led them to a 19th place finish at the NCAA DIII National Championships in the University's third consecutive trip. He also coached 4 All-OAC performers in cross country including Devin Butcher, individual champ, 3 All-Region runners, and 6 All-OAC performers in track which included Jordan Karnes, OAC steeplechase champion. Previously, he spent three years as an assistant coach at Fort Loramie HS coaching multiple state qualifiers in cross country and track. While at the collegiate level he was 5 time All-OAC, 4 time All-Ohio, 2 time All-Region, and National Qualifier in the Steeplechase.

Guest Speakers - TBA

Cost:

Registration

	Individual
Resident	\$200
Commuter	\$150

*Dorms will not be air conditioned

*\$50 is Non-refundable due with registration. Remaining amount to be paid before or at camp registration.

Tentative Camp Schedule:

Sunday 6-28-09

6:00-8:00 p.m.	Registration: At McReynolds Hall, Defiance College, Defiance, OH
8:15 p.m.	Opening Greeting
8:30-10:00 p.m.	Ice Breaker: Various activities for campers to meet others
10:30 p.m.	Campers to rooms

	Mon 6-29-09	Tues 6-30-09	Wed 7-1-09
7:30-8:00 a.m	Light Breakfast	Breakfast	Breakfast
9:30-11:30	Daily Run	Daily Run	Daily Run
10:00-10:30	Session 1	Session 5	Session 9
10:30-10:45	Break	Break	Break
10:45 -11:15	Session 2	Session 6	Session 10
11:15-12:00	Lunch	Lunch	Lunch
12:00-1:00	Free Time	Free Time	Free Time
1:00-1:30	Session 3	Session 7	Session 11
1:30-1:45	Break	Break	Break
1:45-2:15	Session 4	Session 8	Session 12
2:30-3:30	Team Activities (Games)	Team Activities	Team activities
3:30-5:00	Free Time	Free Time	Free Time
5:00-6:00	Dinner	Dinner	Dinner
6:00-7:00	(Guest Speaker)	General Session	Closing/Award Ceremonies
7:00-10:00	Evening Activities	Evening Activities	Camp Ends(6:30) Pick-up @Weiner Center

Directions to Defiance College:

From the Northwest:

I-80/90 (Ohio Turnpike) East to Exit 13 (SR 15 in Bryan, Ohio).
Take SR 15 South to Ralston Avenue. Continue straight on
to Sessions Avenue.

From the North (Detroit, Michigan - approx. two hours) and from (Toledo, Ohio - approx. one hour):

I-75 South. At Exit 204 take right ramp onto I-475 South to Toledo. At Exit 4B
(Waterville/Napoleon exit), follow US 24 West

to SR 66 South Exit in Defiance (North Clinton Street). Left at traffic light. At the 6th traffic light turn left on Sessions Ave.

From Columbus, Ohio (approx. two-and-a-half hours):

I-270 North to SR 33 West to I-75 North (Wapakoneta, Ohio) to Lima. Take the Bluelick Road Exit 130 and turn left. Follow Bluelick Road to SR 65 North and turn right. Follow SR 65 North to SR 115 North (branches off to the left). Take SR 115 North through Kalida to SR 15 North to Defiance. Follow SR 15/18 through town (left on East Second Street, right on Clinton Street). Turn right at the 4th traffic light on to Sessions Avenue.

From the South (Dayton, Ohio - approx. two hours):

I-75 North to Lima. Take the Bluelick Road Exit 130 and turn left. Follow Bluelick Road to SR 65 North and turn right. Follow SR 65 North to SR 115 North (branches off to the left). Take SR 115 North through Kalida to SR 15 North to Defiance. Follow SR 15/18 through town (left on East Second Street, right on Clinton Street). Turn right at the 4th traffic light on to Sessions Avenue.

From the West (Ft. Wayne, Indiana - approx. one hour)

or Southwest (Van Wert, Ohio - approx. one hour):
US 127 North to US 24 East to SR 15 South exit (Ralston Ave).
Continue straight on to Sessions Avenue.

From the East:

SR 281 West (or SR 6 West) to US 24 West to
SR 66 South Exit in Defiance (North Clinton Street).
Left at traffic light.
At the 6th traffic light turn left on Sessions Avenue.

From Cleveland, Ohio (approx. three hours):

I-80/90 (Ohio Turnpike) West to Exit 64 to I-75 (Dayton) ramp in Toledo, Ohio. Take right ramp onto I-475 North. At Exit 4B (Waterville/Napoleon exit), follow US 24 West to SR 66 South Exit in Defiance (North Clinton Street). Left at traffic light. At the 6th traffic light turn left on Sessions Avenue.

For more information:

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