

Details

Dates – Saturday June 6-12, 2015.

Arrival and departure – 12-noon – 2pm,
Lakeview USNF Campground, Twin Lakes CO.

Who Should Attend – The camp is designed for
high school age runners.

Level – runners experienced in altitude running
only.

Camp Director – Coach Mac

- Address: 1395 CR 207 Durango CO 81301
- Email: COHIPAC@gmail.com
- Web Site: www.cohipac.com
- Cell: (435) 849-0815

Registration

Fees: \$500, all inclusive (meals, transportation
while at camp, camping fees). Early-bird price, sign up by
May 1, \$475. Sibling price, \$450 each;

Mail to address on front.

Name: _____

High School: _____

Age: _____

Address: _____

Telephone: _____

Email: _____

Contact Information: _____

Medical Conditions (including allergies):

Also add the following:

- Cross Country Season weekly mileage for the past
2 years _____
- 5K PR _____
- Favorite distance _____
- Favorite run _____

Please complete and mail in the medical form
and waiver from the web site.



Distance Running
Cross-country
Trail Running

June 6 -12, 2015

High Peaks

Buena Vista, Colorado

COHIPAC
COLLEGIATE HP CAMP
1395 CR 207
DURANGO CO 81301



cohipac@gmail.com

www.cohipac.com



Coaches

Coaches – Our coaches have coached and competed at the high school, collegiate, and international levels. All are still competing.

- Coach Mac, Head XC and T&F coach at Durango High School was an All American at Penn State, was selected for the US 1/2 marathon team, and has run a sub-4 minute mile.
- Coach Heidi is a pediatrician and our camp medical director. She competed for Georgetown University and for Team Saucony after college.

COHIPAC = WHERE THE HIGH OCTANE FUN BEGINS

Camp with a Difference

Our summer camp combines the three key ingredients that will make you successful in the coming cross-country season

Hard work – we believe that success is developed through a blend of hard running, a focus on the whole body through core exercises, drills, and strength training.

Recovery – we are firm believers in the art of recovery. You will learn both active and passive recovery techniques.

Focus and mental edge – we will teach you to hone your mental edge through visualization and relaxation techniques.

Camp Philosophy & Goals

Camping – Our camp is unique among running camps in that we will be camping in tents throughout the entire camp.

Mutual Trust & Respect – we strive to operate in an environment of mutual trust & respect. We value all of your ideas and approaches to training. You will all have a voice at COHIPAC.

High Peaks – Our goal is to “run” three High Peaks (mountains over 14,000 ft in elevation) during the camp.

2015 Camp Schedule

Dates	Time	Activity
Saturday June 6	12 – 2pm pm	Arrive Lakeview CG, Buena Vista CO Colorado Trail run
Sunday June 7	All Day	CO Trail run
Monday June 8	All Day	14-er run, Mt Ebert
Tuesday June 9	All Day	Recovery or 14-er run
Wednesday June 10	All Day	14-er run, Mt. Massive
Thursday June 11	All Day	14-er run, Mt. Yale or other
Friday June 12	am	Colorado Trail run; Checkout 11am

Compete with a Difference

Our philosophy is to provide you with a competitive edge, while retaining the pure joy of running.

Having competed at the international level, head coach, Coach Mac knows how important it is to develop a unique, yet specific focus to competition.

Our goal is to find that within each of our campers, and to allow them to harness it to fulfill their wildest expectations.

