

**Rocky Mountain Cross Country Camp for Girls**  
**@ YMCA in the Rockies, Estes Park, CO**  
**August 4-10, 2013**

The Girls Camp will be similar to the Boys Camp in many, many ways. The daily activities will be similar, the runs will be on many of the same trails, the day in Boulder will take place with a special meal and world-class runner/speaker at Olive Garden that evening, the lodging will also be in the Eastside Lodge, meals will be in the YMCA Cafeteria, and white water rafting, zip lines, ropes courses, etc. will be offered. Evening coaching presentations will also be held. Day trips into the Rocky Mountain National Park will occur and enhance our running on scenic trails at 7,000 ft elevation.

For pictures of the camp, our activities, please look at the boys camp main site. (Being our first “Girls Camp” we do not have girls pictures yet.)

The cost is \$590 for the girls except for those girls participating with a coach. In that case, the camp fee will be \$550. Transportation to the YMCA in the Rockies in Estes Park will be up to each participant.

The camp begins on Sunday, August 4<sup>th</sup> with check-in between 4-6 pm. Let the camp director, Coach Smith, know how and when you plan to arrive. Those flying into Denver Airport can be picked up there around 11 am. Transportation to Estes Park will be provided from there to Estes Park and back on the following Saturday, Aug. 10 at 8 am. Please do not schedule a flight before 10:30 or 11 am out of Denver.

To register, contact Coach Jim Smith, 4 Merriam Ave., Shrewsbury, MA 01545 or call 508 259 8311 for additional information. And, go to “Forms” in the menu to find the registration form, the waiver, and the medical form. A physical exam is required since August, 2012. Newsletters are sent out periodically to keep everyone informed until the August camp date.

The coaching staff includes 4 adults—(for approx. 20-25 runners)

One--Coach Mark Murray, former Shrewsbury High boys assist. distance coach, former camp staff member, outstanding distance runner at Wellesley High School (State Champion) and Holy Cross College, presently an active runner, and father of one of the girls participating. Mark currently helps run “Precision Endurance Coaching” which provides personal training/coaching. Mark has the dedication, the personal experience, and coaching to be a top-notch staff member at our camp.

Two—Coach Chris Smith, former Shrewsbury High distance standout and collegiate runner at Vanderbilt and U. of Colorado, former distance coach at Vanderbilt U. and XC coach at Emory University and presently assist. distance coach at Brookline High School in Brookline, MA here they have won 3 Mass State XC Championships in the past 6 years. Chris still competes in numerous local distance races and loves coaching where his athletes love his leadership.

Three—Cheryl Murray has been involved in the sport through her husband, Mark, and her own children—one of whom will be participating in the Girls Camp this week. We are proud to have Cheryl on our staff for this week in Estes Park.

Four—Coach Jim Smith, RMXCCamp director who has also organized and directed the RMXCC for the past 5 years—all for boys until the demand grew for this girls camp. Jim ran competitively at the high school (Hillsboro High in Nashville, Tenn.) and college levels (Harvard) and competed in over 25 marathons, mostly BAA Marathons. He has been the boys XC coach in Shrewsbury for the past 22 years where his teams have done very well with League championships and participation in the Mass State Meet for years. His star runner, John Murray, set the Mass State XC record in 2011 and is attending Georgetown on a track and XC scholarship.