

# How High Are You Willing To Go?



## HIGH ALTITUDE: TRAINING CAMP FOR ALL RUNNERS

Boys and Girls  
Youth and Adults  
Team and Individuals  
Experienced and Beginners

### SESSION 1

JUNIOR HIGH SCHOOL  
AND HIGH SCHOOL ATHLETES  
Sunday, July 13 – Thursday, July 17, 2008

### SESSION 2

ADULT ATHLETES  
Thursday, July 17 – Sunday, July 20, 2008

[www.therunningschool.com](http://www.therunningschool.com)

### 7000 FEET

This year, we are introducing The Running School at Flagstaff, a high altitude experience located in Flagstaff, Arizona – The Kinlani Bordertown dormitory in Flagstaff. Our training sessions will be at the optimum training altitude of 7,000 ft. Flagstaff's average temperatures during our training sessions will be in the mid 70's.

The Running School at Flagstaff has established relationships with The Center for High Altitude Training (housed at Northern Arizona University), Run Flagstaff (elite international team), and the local Flagstaff running community.

Come to The Running School at Flagstaff for an amazing training experience, get the edge, and learn why all the top distance runners from around the world come to Flagstaff to train.

### HISTORY

We are dedicated to making The Running School at Flagstaff 2008 the best season in our illustrious 37 year history. Once again, we have assembled an elite staff of high school and college coaches, local and international athletes, and renowned guest speakers. New topics and learn-by-doing classes have been added to our education program, as well as additional social activities and recreational opportunities. Our medical team will include highly trained professionals dealing with injury prevention, rehabilitation and core strength flexibility.

### SPECIAL FEATURES

PHIL WHARTON & THE WHARTON PERFORMANCE GROUP – Personal Trainers to Athletes in the last 4 Olympics. The Whartons' have worked with hundreds of Olympic medalists including Deena Kastor, Meb Keflezighi, Paul Tergat, the Kenyan and Ethiopian national teams. The Whartons' are also featured in Runners World monthly column the "Body Shop", [www.whartonperformance.com](http://www.whartonperformance.com).

DR. JACK DANIELS – Center for High Altitude Training at NAU, [www.home.nau.edu/highaltitude](http://www.home.nau.edu/highaltitude).

RUN FLAGSTAFF – "Flagstaff's homegrown running club", [www.runflagstaff.com](http://www.runflagstaff.com).

ALICIA SHAY – NCAA record holder in the 10,000 meters.

DAY TRIP TO THE GRAND CANYON – including training session and IMAX experience.

FLOTRACK.COM – on sight video highlights and interviews.

### RESOURCES

You can find several helpful resources on our site at [www.therunningschool.com](http://www.therunningschool.com), including online registration, downloadable applications, transportation details, staff profiles, camp news, and contact links. Registration will be limited and is now open. We wish you a successful spring and summer season and look forward to seeing you in Flagstaff, Arizona in July. If you have additional questions, feel free to contact us at [TheRunningSchool@aol.com](mailto:TheRunningSchool@aol.com) or by phone.