

Important Camp Information

CAMP OBJECTIVE

Young men and women who wish to maximize their potential as runners should attend this camp. Running is an activity in which everyone can win simply by running a personal best time. In order to succeed, however, each runner should know about basic training fundamentals such as tempo running, fartlek sessions, interval training, and pool running (*when injured*). Young men and women should also attend this camp to:

1. gain maturity;
2. experience a feeling of self-sufficiency while away from home; and
3. acquire friendships with other runners.

ELIGIBILITY

All young men and women who will be entering grades 7-12 during the Fall of 2016 are eligible to attend camp.

COST

The all-inclusive rate for the camp, which includes room, board, T-shirt, awards, etc. is \$290. Day campers are welcome for \$195. Coaches with one or more runners attending the camp may attend any or all of the camp for free **on a first-come, first-served basis.**

CHECK-IN & CHECK-OUT

Campers will arrive at the Group Camp Site at Lincoln State Park the afternoon of Monday, July 11th, 2016. Campers will be picked up at the same location at 11:00 am on Saturday, July 16th, 2016.

LOCATION & HOUSING

The camp will be held in the historic and beautiful Lincoln State Park, the boyhood home of our nation's 16th President. The park is home to more than 10 miles of spectacular running trails and a 58 acre lake great for swimming and fishing. Runners will sleep in cabins housing 8 to 16 persons. Adult male or female supervision will be present in each cabin.

REGISTRATION

Runners can register for the camp by completing the registration form in this brochure. This form, and a \$25 non-refundable deposit, should be sent to the address listed on the application. Applicants will be registered for the camp on a first-come, first-served basis.

CAMP RULES

Campers must at all times conduct themselves as mature young men and women. They must abide by camp rules and schedules, and they must respect the authority of the camp directors and counselors. Campers who are unwilling or unable to abide by camp rules, or who refuse to obey camp staff supervision, will be dismissed from the camp without a refund.

WHAT TO BRING TO CAMP

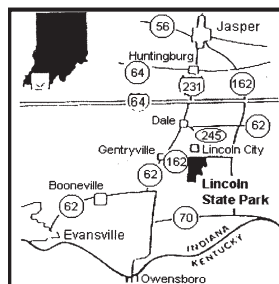
Campers should bring running clothes, running shoes, casual clothes, pillows and bedding, fans, extension cords, towels, toiletries, a bucket or other container to carry toiletries to the showers, swimming suits, and fishing gear if desired. Campers may also want to bring a small amount of money to purchase snacks at the camp store.

MEDICAL CARE

A certified athletic trainer will be available, and physicians and hospitals are close by in case of an emergency.

CAMP LOCATION

Lincoln State Park (located on Hwy 162) is easily accessible from I-64 or US 231. It is just four miles from 231 or nine miles from I-64.



Camp Activities!

- Daily Runs on Wooded Trails
- Hill Workout
- Guest Speakers
- Scavenger Hunt
- Auction
- Fire Tower Hike
- Circuit Workout
- Talent Show
- Swimming & Fishing
- Pool Workout
- Karaoke Night
- Tetherball
- Beach Volleyball
- Ultimate Frisbee

Camp Consent Form

Please complete both sides of this form!

I hereby authorize the Directors of Brahms' Running Camp to act for me according to their best judgment in any emergency requiring medical treatment of my child/ward, and I hereby waive and release Brahms' Running Camp for any and all liabilities for injury or illness incurred during the camp.

Parent/Guardian Signature

Date

Child's Medical Insurance Company

Physician's Approval

The physician's approval form set forth below can be completed and sent with the registration form, or it can be copied and brought to the camp check-in on July 11th. It is also acceptable for campers to bring a COPY of a physical form completed in preparation for the 2016-2017 school year. Please note, however, that **RUNNERS WILL NOT BE CHECKED INTO CAMP WITHOUT A COPY OF A CURRENT PHYSICAL OR A COMPLETED PHYSICIAN'S APPROVAL FORM!** (See below.)

This will certify that _____
is physically qualified to attend Brahms' Running Camp.

Physician's Signature

Date

"This camp has taught me so many things about myself, both as a runner and as a person. Because of this camp, I am a stronger, more positive person. I have learned that I can achieve goals that I set for myself, and hard work really does pay off!"

— Former Camper & Later Camp Counselor

Camp Registration Information

Please complete both sides of this form!

Name _____

Address _____

City/State/Zip _____

Home Phone _____

Other Phone/s _____

Name of School _____ Grade in School (Fall 2016) _____

e-mail address _____

Sex Male Female

T-shirt Size S M L XL

Cabin Mate Preference/s: _____

Mile PR and other Personal Bests _____

One interesting fact about yourself _____

Camp Fee / Registration Deposit

The total cost of the camp is \$290.
 A \$25 deposit must accompany the registration form.
 The balance of \$265 is due on or before
 the camp check-in on July 11th.

Please make checks payable to **BRAHMS' RUNNING CAMP**,
 and mail checks and completed registration forms to:

BRAHMS' RUNNING CAMP
2853 Mission Hills Lane
Indianapolis, IN 46234
317-292-7294
terry_brahm@comcast.net

About The Camp Directors



TERRY BRAHM
(317) 292-7294

While attending Heritage Hills High School, Terry ran 14:57 to place 3rd in the 1980 State Cross-Country Meet. He was also runner-up in the 1980 State Track Meet 1600 meter run. After high school, Terry ran cross-country and track at Indiana University where he was a 5-time Big Ten Champion, 6-time All-American and the 1986 5000 meter NCAA Champion. In 1987, Terry was the 3000 meter bronze medalist at the World Indoor Track Championships and in 1988, Terry ran the 5000 meter run at the Olympics in Seoul, South Korea. He is a member of the IU Hall of fame. Terry teaches at Ben Davis Ninth Grade Center in Indianapolis. He is married to fellow camp director, Nina Brahm.



NINA BRAHM
(317) 292-7294

Nina, while attending Central Catholic High School in Lafayette, Indiana, was the 1982 captain of the boys' cross-country team (a girls' team did not exist). During that same year, Nina was selected to the All-State and All-American girls' cross-country teams. In track, Nina qualified for the State Track Meet four years in a row. In 1983, she was the State Champion in the 1600 meter run and placed 3rd in the 800 meter run. Nina, like her fellow camp director/husband Terry, ran cross-country and track at IU. In 1985, Nina was part of IU's Big Ten runner-up 2-mile relay team that also qualified for the indoor NCAA meet. Nina is an attorney working as the Grants Director for the Health and Hospital Corporation of Marion County.

OTHER CAMP PERSONNEL

Campers will be supervised by the above mentioned camp directors and camp counselors. Camp counselors will be persons who are coaches, former coaches, collegiate runners, and serious recreational runners.

★ 19TH ANNUAL ★

BRAHMS'



RUNNING CAMP

*Building Foundations for Self-Sufficiency
 and Personal Success through Running*

Monday • July 11, 2016
 — THROUGH —
Saturday • July 16, 2016

Grades 7-12
Lincoln State Park
Lincoln City, Indiana

Visit us online at
www.brahmsrunningcamp.com

FOR OFFICE USE ONLY

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