

33rd Annual
Sequoia Running Camp
August 4-11, 2019

Participants: University City HS, Canyon Crest HS, Point Loma HS, Pleasanton Heat

Features:

Beautiful backcountry runs along mountain trails that climb above 9000 feet.

Many runs and activities through and among the Earth's largest living things: The Giant Sequoia

Swimming and hiking along the crystal clear beautiful lakes and rivers of the High Sierras.

Fun activities throughout the day.

Great food and campground facilities in the heart of the Giant Forest and its wildlife.

Expert running advice and experience from some of California's most accomplished runners.

The "best" hill training in the Western U.S.

Camp Cost: \$450

Checks Payable to:
Jim McCarthy
Add **Sequoia Running Camp** to the subject line
Mail to: 3811 Monroe Ave.
San Diego, CA 92116
(Check with your coach to guarantee a place with your team at the camp)

Payment must be received by July 17, 2019. Please plan to bring it to the meeting or have it sent to arrive by that date.

Camp Cost Includes:

Gourmet food served up all day in our camp "kitchen".

Unbeatable campsite accommodations in a beautiful area of Sequoia National Park.

Transportation to, from, and around the park.

Awards, gift merchandise, and some great campfire raffle prizes.

The now "infamous" camp sweatshirt with a new 2019 embroidered logo.

Important Camp

Information:

tel: 559-335-2232
We are staying at Fir Group Campground, located across the Generals Highway from Stony Creek Lodge.

Travel Plans (see info sheet for more details):

AUG 4@UCHS 5:00 A.M.

Meet at University City High School at 5:00 a.m. on Sunday, August 4 in front of the gym. We will have spaces with seat belts for every participant, and trailer space for extra gear. Try not to overpack (see What to Bring list).

Permission Forms

Every participant must have a signed permission form completed and on file with the camp director. This permission form must be received by August 3 or you will not be going. Please be sure this is taken care of.

Running Camp 2019 will fill up, so get your reservation in soon. Team spaces are limited, so ask your coach if you are on the list.

Director:

Jim McCarthy tel: 619-206-9814
Running camp director since 1985. Div. II National Finalist 1500m while at Cal Poly SLO. Coached (with Dale Fleet) University City HS girls to 6 CIF cross country titles in '98, '00, '01, '02, '06, '07. UCHS boys team in 2002 finished 1st in CIF and 2nd at State Championships. His athletes have notched 11 individual top 10 State Championship finishes, including 2 State Champions, 2 Footlocker Finalists, and National Track Champion and future 2-time 1500 meter NCAA Champion Mac Fleet

Counselors:

Joe Rubio: 1992/1996 Olympic Trials Marathon qualifier. 2:18:06 PR. 29:44 10k PR. He is co-owner of Running Warehouse and a nationally recognized coach of several world-class athletes. He is also a regular contributor to Runner's World and Running Times magazines.

Kevin McCarthy: HS and Junior Olympic Coach since 1980. His JO teams have produced over 100 All-Americans and 5 National Champions. In 2009, his Junior Olympic Boys Cross Country Team won the USATF National Championship.

We are excited to have professional ultra-marathon runners Brett and Madison Hornig returning to camp this year. They bring an awesome resume of high school, collegiate and professional running to share.

We will also have a large group of collegiate athletes participating

that have competed in the NCAA in both cross country and track. These athletes will be sharing experiences about training and competing in college as well as running with the athletes throughout the camp.

The Sequoia Running Camp will be a wonderful experience for all camp participants.

Many of the scheduled runs include a wide variety of options in both distance and intensity. We have included team building activities that will help each team develop a team goal and training plan for the remainder of the summer after we leave camp.

Don't miss this great new edition of an old classic, our 33rd year running uphill. Don't look down.

IMPORTANT

**Running Camp
INFORMATION MEETING
Wed. July 17
6:30 p.m.**

**Home of Kim and Chris
Kueker
4376 Mt. Jeffers
San Diego 92117
(dessert potluck)**