

Where do we get our great camp coaches?
Our XC Camp coaches represent the nation's top NCAA programs as well as coaches from outstanding youth running clubs, high schools, and prep programs. Our counseling staff is comprised of active college XC student athletes.



- Fartlek & Interval Training
- Tempo Runs
- Running Form & Speed Development Training
- Water & Pool Training
- Uphill/Downhill Running Technique
- Plyometrics & Strength Training Development
- Race Rhythm & Strategy
- Video Analysis & Personalized Evaluations

YOU LEARN IT ALL AT STOWE RUNNING CAMP

31st Annual Instructional **STOWE RUNNING CAMP**



August 4-9, 2019
Suggested for boys & girls entering grades 8-12 & for graduating H.S. Seniors

ONE OF AMERICA'S LONGEST RUNNING DEDICATED CROSS-COUNTRY CAMPS! **SINCE 1988**

FIND US AT [FACEBOOK.COM/STOWERUNNINGCAMP](https://www.facebook.com/stowerunningcamp)



If 5 or more members of your competitive team attend camp, each of you will save 5% off tuition rates! If 10 or more team members attend you will save 10% off tuition. Bring your eligible sibling(s) with you. The first sibling receives a 10% discount and the second 15% off our published tuition rates.

SIBLING & TEAM DISCOUNTS AVAILABLE!

Elle ran track and field and cross country at the University of New Hampshire. She currently competes professionally for New Balance Boston and is one of the emerging stars of the sport. While at UNH, Elle had an extraordinary career, setting school records in the mile, 3k steplechase, winning sixteen conference championships, and winning the 2018 NCAA Championship in the mile. She is a native of Montgomerly Vermont and was a high school phenom at Richford High School. 2019 will be her third year speaking at Stowe



Elle Purrier

Coach Cusick currently teaches History at Tewksbury Memorial High School. His coaching philosophy centers around patience and long-term aerobic development, skills which are key components at Stowe Running Camp. He can be contacted by emailing fcusick13@gmail.com.



Director - Fran Cusick

Fran has been working at Stowe Running Camp since 2011 and has been camp director since 2016. He currently serves as an assistant cross country and indoor track coach and head girls outdoor track coach at Tewksbury Memorial High School in Massachusetts. In the spring of 2017, Coach Cusick was named Boston Globe Coach of the Year. Over the past several years, Coach Cusick has helped turn the Tewksbury girls team into one of the most successful programs in New England. The girls outdoor track team won the Massachusetts State Championship in the spring of 2016, the first All-State Championship in the history of the school. In 2017, the girls finished in 2nd place.

OUR STAFF

NEED MORE INFORMATION?
Call: 1.800.344.1546
email: info@roundhearth.com
register online: www.roundhearth.com

Kevin graduated from the University of New Hampshire in 2015. He was a two-year captain for the Wildcat XC and track teams, holds three school records, and won multiple America East Conference and New England championships titles. Following UNH, Kevin was the assistant coach for XC/track and field at Regis College in Weston, MA while earning his Master's Degree in Special Education. He helped the Regis women capture the school's first ever NECC XC Championship and saw several athletes rewrite the school's record book in events from the 800 to 10k. Kevin currently works at Lincoln-Sudbury High School and is the boy's head cross country coach. He trains post-collegially with the Battle Road Track Club and has personal bests of 1:50 for 800m, 4:00 for the mile, and 14:34 for the 5k.



Kevin Greene

Leah graduated from Lesley University in 2014 where she was named Athlete of the Year, two-time MVP of the cross country and track teams, and a captain all three seasons. Upon graduation, Miller served as the women's assistance cross country and track coach at Brown University. In 2016, Miller completed her masters in International Education from Lesley University. Upon graduation Miller began coaching cross country and track at Lesley University. In 2018, Miller relocated to Vermont and currently serves as the Assistant Director of Undergraduate Admissions at Champlain College in Burlington, VT. Miller is in her 9th year as a counselor at Stowe Running Camp.



Leah Miller

A member of the UMass Lowell XC and track and field teams from 2005-2010, Ruben represented Cape Verde at the 2012 Olympics where he ran the 5,000 meters. He was four-time All-American and one of the greatest distance runners in UMass Lowell history and has moved on to run in several international competitions and regional races. Today, Ruben is a true "blue collar" runner who works a full time job while still training and competing at a high level. He has been a familiar and warm presence at Stowe Running Camp since 2011 and we are excited to have him back in 2019!



Ruben Sanca

Jason is in his thirteenth season as the director of men's and women's track and field and cross country at Harvard University. In 2016, Saretsky led the Harvard women's team to the most successful season in school history. The team finished second in the Northeast Region and qualified for nationals for the first time since 2012. A dynamic and talented coach, campers will take back a wealth of knowledge with them to prepare for the upcoming season.



Jason Saretsky



STOWE RUNNING CAMP
39 Edson Hill Rd
Stowe, VT 05672

1.800.344.1546
info@roundhearth.com
REGISTER ONLINE NOW!
www.roundhearth.com

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2019 Stowe Running Camp Pre-Registration

CALL OR REGISTER ONLINE TODAY!!!

COMPLETE THIS APPLICATION & MAIL IT ALONG WITH A \$200.00 NON-REFUNDABLE CONFIRMATION DEPOSIT TO:

STOWE RUNNING CAMP
39 Edson Hill Road
Stowe, VT 05672-4171

Go to:
www.roundhearth.com
for enrolled camper forms.

DATE: August 4-9 | Tuition \$585.00

We'll automatically credit any team or sibling discounts, if any.
NON-REFUNDABLE DEPOSIT OF \$200.00 PER CAMPER IS REQUIRED.

PERSONAL INFORMATION

Name: _____ M/F: _____
Address: _____
City: _____ State: _____ Zip: _____
Parent Name(s): _____
Home Phone: _____ Cell Phone: _____
Email Address: _____
Competitive Team/School: _____
Grade Entering: _____ Age: _____ Adult T-Shirt Size: _____

PLEASE NOTE: ALL ATHLETES MUST BE ABLE TO COMPLETE A 5K RUN COMFORTABLY

Call 1.800.344.1546 or register on-line! - www.roundhearth.com

Mail to: