

PEAK 2009

July 5-9 July 23-27

Be ready for a great week of training and fun...

Start day: Check-in at 3:00pm. We will then go for a run at *John Brown's Farm*, National Historic Landmark and New York State Historic Site, www.nps.gov/nr/travel/underground/ny4.htm (trails low cut grass), followed by dinner, ORIENTATION and your first lecture.

Daily runs: After breakfast we will run on some of America's finest running trails at the *Adirondack Visitor Interpretive Center* www.adirondackvic.org/

IMPORTANT INFORMATION:

Check out at noon the last day of camp

⌚ You must have the USOTC forms filled out and signed by athlete and parent.

BRING THEM WITH YOU TO THE OLYMPIC TRAINING CENTER!!!

⌚ You need lots of training clothes and even some warmer gear as it is cool in the mountains, 40'S at night.

⌚ Don't come to camp with new shoes. You will get blisters and not be able to train.

⌚ Ball Cap for deer flies.

⌚ All food, linens and snacks will be provided.

⌚ Bring cash for miniature golf tournament and for use at U.S.O.T.C. Apparel Shop.

⌚ Bring a notebook for all the info on training

⌚ Come rested not exhausted. Take an easy week prior to camp.

⌚ Have a good attitude. It is mandatory.

Directions to the U.S.O.T.C.-Lake Placid

I- 87 North to exit #30/Keene Valley (RT-73)/Keene. Take RT-73 to Lake Placid (approx. 28 miles). Pass Olympic (Ski) Jumping Complex on left come to fork in the road and bear left. You are now on Old Military Road. U.S.O.T.C. is one mile on right

⌚ United States Olympic Training Center

196 Old Military Road

Lake Placid, NY 12946

Phone: (518)-523-2600

<http://www.teamusa.org/content/index/1376>

Any questions call:

Lynne Lindquist 518-885-3348 or John Underwood 518-796-6337