

## 7<sup>th</sup> Annual Elementary And Middle School Camp A Success

From August 3<sup>rd</sup> - 7<sup>th</sup> Centerville Girls Cross Country team hosted nearly one hundred campers when it hosted the 7<sup>th</sup> annual Elementary and Middle School Cross Country Camp. The camp was supported by Up and Running, a running specialty store in Centerville located on the corner of Whipp Rd. and Rt. 48. The camp was designed to raise an awareness of the sport of cross country, teach basic training routines, and allow the athlete to enjoy the benefits of running through a positive and rewarding experience.

The camp was held at Stubbs Park each morning. Centerville Girls Cross Country Head Coach and Camp Director David Dobson wrote the curriculum for the week and is excited about what has developed from the camp. Dobson stated, "the camp has now been around long enough that we are really seeing some development from the runners starting in elementary all the way to our high school teams. Also, a local elementary cross country program called the Centerville Striders has emerged from this camp." Campers were taught about running topics such as warming-up, running form, hill running, and pacing. "It is just awesome to see the great things that have come out of this camp," said Dobson. The camp concluded with a 1K and 2K race for elementary and middle school runners respectively. The top 5 boys and girls from each are listed below.

### Elementary Boys

1. John Flood - 4:24
2. Hunter Lyons - 4:25
3. Corey Dunham - 4:32
4. Devon Hoffmeister - 4:53
5. Justin Moell - 5:08

### Elementary Girls

1. Julie Trouten - 4:20
2. Michelle Garrison - 4:22
3. Madison Millhouse - 4:27
4. Deirdre Flood - 4:32
5. Megan Meyer - 4:32

### MS Boys

1. Ben Dickson - 8:36
2. Bradley Maupin - 8:38
3. Covey Emmert - 8:45
4. Kyle Munn - 8:49
5. Joe McCarthy - 8:53

### MS Girls

1. Kyly Borton - 8:43
2. Meghan Harris - 9:10
3. Alexa Jennings - 9:13

4. Hailey Trouten - 9:13
5. Grace Nadler - 9:18

The camp is tentatively scheduled to begin next summer on Monday, August 2, 2010.