

8th Annual Elementary and Middle School Camp Keeps Running

During the week of August 2nd the Centerville Girls Cross Country Team hosted over one hundred campers when it hosted the 8th 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 ecstatic with the response from the Centerville community. Dobson stated, "We have had roughly one hundred campers each of the eight years of camp. That is a great testament to the Centerville community." Campers were taught about running topics such as warming-up, running form, hill running, and pacing. "The camp has a great dynamic of first year campers and other campers who have been coming for multiple years. Athletes from all sports are getting a great experience that can help them in all of their activities." 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 - 3:57 *NEW RECORD*
2. Hunter Lyons - 3:58
3. Ty Borton - 4:08
4. Addison White - 4:33
5. Jared Frank - 4:38

Elementary Girls

1. Julie Trouten - 4:03 *NEW RECORD*
2. Danielle Robinson - 4:13
3. Kelli Walsh - 4:29
4. Savannah Lowe - 4:30
5. Amelia White - 4:30

MS Boys

1. Jimmy Borton - 8:09
2. Bradley Maupin - 8:10
3. Grant Harmon - 8:10
4. Dan Waldron - 8:25
5. Ben Horwath - 8:49

MS Girls

1. Kyly Borton - 8:30 *NEW RECORD*
2. Deirdre Flood - 9:24
3. Madison Millhouse - 9:41

4. Lauren Holmes - 9:42
5. Emma Kujuwa - 9:50

The camp is tentatively scheduled to begin next summer on Monday, August 1, 2011.