

## **Facilities**

Concord Retreat is located on 175 acres in the mountains of West Virginia. It offers a mixture of fields, trails and unpaved roads for a tremendous training experience.

## **Staff**

Concord Retreat Running Camp is staffed with one of the top high school coaching staffs imaginable. Our coaching and counseling staff are comprised of numerous state champion coaches and athletes, all with the single-minded purpose of making your child a better runner.

## **Accommodations**

Concord Retreat is equipped with 3 dorm style houses and 2 cabins that will house up to 160 athletes and counselors. The “Main House” features a top flight kitchen, with dining rooms, meeting rooms, and game rooms for evening entertainment. There are also a variety of outdoor activities offered by the staff at Concord.

# **CONCORD RETREAT**



# **RUNNING CAMP**

**“Where Every Run Has Hills”**



**July 28-August 3, 2019**

Yellow Spring, WV

The “early bird” cost of the camp is \$600. After Feb.28, the cost will rise to \$635. A \$300 deposit is required to reserve your spot, (non-refundable after June 1), with the balance due May **15th**. All monies are to be sent to the address listed on the registration form.

Checks should be made payable to **Concord Retreat Running Camp**. **No credit cards.**

### Expectations

It is expected that all athletes arrive to the camp in shape. It is also recommended that all athletes be capable of running at least 35 miles per week in the weeks leading up to camp. This is to ensure that the campers get the most from their camp experience, while avoiding injury.

### Directions

Directions to camp, which is located near Winchester, Va., can be found on the facility web site at [www.concordretreat.com](http://www.concordretreat.com)

*For any additional information, feel free to contact Tom Arnold at (301)523-9398 or by email at [arnold@olgchs.org](mailto:arnold@olgchs.org)*

*Dan Reeks  
(301)460-3721 or by email at [reeksrun@aol.com](mailto:reeksrun@aol.com)*

*Barbara Reeks (camp secretary)  
[reeksbar@aol.com](mailto:reeksbar@aol.com)  
(301)460-3721*

## Coaching Staff

### Tom Arnold, Camp Director

With 30 years of track and cross country coaching at Our Lady of Good Council in Olney, Md., Coach Arnold was is a 3-time All Met Coach of the Year in Cross Country and Track & Field.

### Dan Reeks, Assistant Camp Director

As knowledgeable as they come, Coach Reeks has produced some of the states’ strongest teams and athletes. Now at Sherwood HS, Dan was All-Met Coach of the Year for Boys Cross Country in 2003 & coached Footlocker 2008 National Champ Solomon Haile. In 2014, Coach Reeks was a finalist for the Brooks “Most Inspiring Coach of the Year” award.

### Beth Muehl,

Beth had been the boys and girls head coach at Northwest High School for 13 years. She claims two team state titles for boys and two team state titles for girls. In 2001, she was the All-Met Boys Coach of the Year in Cross Country. Even though she is retired from coaching, she still maintains an interest in the development of high school distance runners in MCPS. She is now a personal trainer.

### Seann Pelkey, Quince Orchard HS

As a former camper, counselor, and now coach, Seann brings with him the experience of all levels of camp. He was a member of the 1993 & 1994 state championship teams at QO. He coached the girls’ team to a state title in 2001, while the boys won in 2006 & 2007. His 2006 boys’ team was undefeated resulting in him being named All-Met CC Coach of the Year. He also coached QO to the 2007 indoor T&F championship and was named All-Met coach of the Year for that season.

### Chad & Emily Young, BCC HS

Chad ran at American U., and Emily ran at UNC. Chad has led the B-CC XC and Track programs since 2005 and Emily joined him in 2009. The duo have coached four teams to state championships and coached numerous individual XC and Track state champions and national qualifiers. Chad earned Washington Post All-Met honors in the winter of 2008 and the two shared the award for the fall of 2012.

**Please print clearly.**

## Registration Form

Name: \_\_\_\_\_

Address \_\_\_\_\_

City: \_\_\_\_\_ St: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone \_\_\_\_\_

Parent E-mail: \_\_\_\_\_

Athlete e-mail \_\_\_\_\_

High School \_\_\_\_\_

Current Grade \_\_\_\_\_

Gender      Male              Female

T-Shirt Size              S   M   L   XL

### Return Registration form and payment to:

Concord Retreat Running Camp  
14415 Pecan Drive  
Rockville, Md. 20853

### Waiver/Medical Consent:

I hereby state that my child is in good/ normal health, and has my permission to participate in all camp activities. In the event of injury or illness, I authorize the staff of Concord Retreat Running Camp to act for me in securing medical treatment. Registration in Concord Retreat Running Camp requires that a parent/guardian sign below to agree that in case of accident or injury while attending camp, they release the camp, the coaches, counselors, and any associated parties from any and all liability. Each participant is required to carry personal medical coverage

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Signature of Parent