

24th Annual

# Sequoia Running Camp

August 9-16, 2009

## Features:

Beautiful backcountry runs along mountain trails that climb above 9000 feet.

Many runs and activities through and among the Earth's largest living things: The Giant Sequoia

Swimming and hiking along the crystal clear beautiful lakes and rivers of the High Sierras.

Fun activities throughout the day.

Great food and campground facilities in the heart of the Giant Forest and its wildlife.

Expert running advice and experience from some of California's most accomplished runners.

The "best" hill training in the Western U.S.

## Camp Cost: \$350

Checks Payable to:  
Explorer Post 2237  
Mail to: 2167 Froude Street  
San Diego, CA 92107  
(Checks must be received by July 27)

## Camp Cost Includes:

Gourmet food served up all day in our camp "kitchen".

Unbeatable campsite accommodations in a beautiful area of Sequoia National Park.

Transportation to, from, and around the park.

Awards, gift merchandise, and some great campfire raffle prizes, including something from Europe (we hope).

The now "infamous" camp sweatshirt with a new 2009 embroidered logo.

## Important Camp

### Information:

tel: 559-335-2232  
We are staying at Fir Group Campground, located across the Generals Highway from Stony Creek Lodge.

### Travel Plans (see info sheet for more details):

**AUG 9 @UCHS 5:00 A.M.**

Meet at University City High School at 5:00 a.m. on Sunday, August 9 in front of the main office. We will have spaces with seat belts for every participant, and trailer space for extra gear. Try not to overpack (see What to Bring list).

### Permission Forms

Every participant must have a signed permission form completed and on file with the camp director. If you do not have this on August 9, you will not be going. Please be sure this is taken care of.

## Director:

Jim McCarthy tel: 619-223-5817  
Running camp director since 1985. Div. II National Finalist 1500m while at Cal Poly SLO. Coached (with Dale Fleet) University City HS girls to 6 CIF cross country titles in '98, '00, '01, '02, '06, '07. UCHS boys team in 2002 finished 1st in CIF and 2nd at State Championships.

## Counselors:

Dale Fleet: California State HS Champion in 1971 at 2 miles (8:53). Assistant Coach at University City HS since 1998. Nicknamed "Papa Toad", he was one of the founding members of the Jamul Toads, the elite runners at the beginning of the running scene in San Diego.

Joe Rubio: 1992/1996 Olympic Trials Marathon qualifier. 2:18:06 PR. 29:44 10k PR. He is co-owner of a national running store, a nationally recognized coach of several world-class athletes, and is a regular contributor to Runner's World and Running Times magazines.

Jim Cerveny: California State HS Champion in 1957 at 800 meters, setting a state record 1:52.7. US National Champion in 1960 (1:48.4). Long respected as one of the finest coaches in San Diego for the last several decades! Got a question? He'll answer it.

Mike Rouse: One of the great Ultramarathoners in San Diego, Mike has won several 100 milers, and

finished 2nd at the Cuyamaca One Day, running 124 miles in 24 hours. He is now competing in Ironman triathlons, and runs marathons for warmup.

Steve Holl: "The Preacher", Steve returns to enlighten another batch of future star athletes. A great steeplechaser for the University of Minnesota, Steve became one of the premier runners in San Diego County during its height in the 70's and 80's.

Kim Rouse: Kim remains one of San Diego's finest masters runners, having qualified for several U.S. Olympic Trials at the marathon distance. She is currently an age group leader in her new event, triathlons, and will be running the World Championships this October in Kona, Hawaii.

Stay tuned for a few "surprise" guests for this year. TBA

## IMPORTANT

### Running Camp INFORMATION MEETING

T.B.A

(3rd week of July,  
midweek)

**Time: 6:30 p.m.**