

Camp Focus

Boedney Bay Camp is located on Brevoort Lake in the Upper Peninsula northwest of St. Ignace. This will allow us to take advantage of scenic and challenging terrain. We will run in both the am and pm. Two Peaks is focused on helping each athlete learn how to develop their potential. We will spend time learning some of the physiology of distance running and racing. There will also be a focus on leadership and citizenship. We hope to develop the body and mind.

**TRIP TO MACKINAW ISLAND
*RUN AROUND THE ISLAND**

BUNKHOUSE FOR SLEEPING, DINING ROOM FOR EATING, CANOEING ON THE LAKE

COMPETITIVE AND NON-COMPETITIVE RUNS

FUN ACTIVITIES THROUGHOUT THE DAY

TRANSPORTATION PROVIDED FROM FREMONT HIGH SCHOOL

Addressing the Needs of the High School Cross Country Runner

Two Peaks LLC
5911 S. Landing Lane
Fremont, MI 49412

Phone: 231-924-6045
E-mail: cliffandtrisha@cynergycomm.net

Addressing the
Needs of the High
School Cross
Country Runner

**June 20-25
2010**

***TWO PEAKS
BOYS CROSS
COUNTRY CAMP***

**Boedney Bay Camp,
located on Brevoort Lake**

**TWO PEAKS CROSS COUNTRY CAMP FOR BOYS:
June 20-25**

Cost: \$375.00 if signed up by May 31st.

\$400.00 if signed up after May 31st.

Deposit (non-refundable) of \$100.00 and Entry
Form Due by June 10th.

Transportation will be provided from Fremont High
School.

Camp limited to the first 21 entrants.

CAMP AMMENITIES

- Bunkhouses
- Dining Hall
- Full functioning bathroom and shower facilities
- Canoeing
- Private location on Brevoort Lake near St. Ignace

OTHER ACTIVITIES

- Trip to Mackinaw Island to run around the
Island and spend the day.
- Competitive Runs
- Leadership Activities

**ADDRESSING THE NEEDS OF THE HIGH SCHOOL
CROSS COUNTRY RUNNER.**

We are committed to providing a complete ex-
perience to each athlete. Running will be lev-
eled to challenge each runner throughout the
week, with 2 runs planned on most days. We
will touch on the physiology of distance run-
ning, to enable the athletes to understand the
importance of their training. Athletes will also
learn strategies of cross country racing and to
be able to think while racing. Leadership
qualities will also be discussed so athletes can
return to their own teams ready to lead them
to a higher level of performance.

**For Boys Entering 9th-12th Grade in the
2010-2011 School Year**

******CAMP PARTICIPATION IS LIMITED TO
THE FIRST 21 APPLICANTS TO HAVE THEIR
DEPOSITS TURNED IN.******

**Camp Director: Cliff Somers—Fremont
8 straight regional championships
9 straight top 10 state meet finishes
2 state-runner up finishes
18 all-state runners in 8 years
1 individual state champion
11 years of experience directing CC camps
at the College and High School level.**

For a camp sign up form [email](#) or mail the
following information to the address listed
below.

Name_____

Grade 2010/2011 School Year_____

Address_____

Phone_____

Email_____

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Runner**

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