



## MARATHON RUNNING CAMP

Limited  
to 30 per  
session!

Sponsored by  
**New Balance, Rainbow Resort,  
Marathon & Beyond,  
Sof Sole, and CLIF Bar**

**Session I: June 5-10, 2005**  
**Session II: September 6-11, 2005**  
**Rainbow Resort, Waubun, MN**

## Camp Staff

**Dick Beardsley's** career includes wins at Grandma's, Napa, and London. The course record-holder at Grandma's, Dick has also run the fourth-fastest U.S. men's marathon time, 2:08:54, at Boston in 1982. An expert fishing guide and Team New Balance member, Dick also hosts his own T.V. and radio programs in Detroit Lakes, MN.

**Gayle Barron** won the Boston Marathon in 1978 and is a five-time winner of the Peachtree Road Race and a three-time winner of the Atlanta Marathon. She spent eight years in broadcasting and is the author of *The Beauty of Running*. A Georgia Sports Hall of Fame member, Gayle leads a marathon and half-marathon training group called Team Spirit.

**Rich Benyo**, *Marathon & Beyond* editor, has authored 17 books on fitness, health, and running. He was editor of *Runner's World* from 1977-84 and has completed 37 marathons. **Rhonda Provost** was the first woman to complete the grueling Death Valley/Mt. Whitney double-crossing. A nurse anesthetist in Santa Rosa, CA, Rhonda frequently spends her spring vacation back in her hometown of Boston, to run its famed marathon.

**Mike Dunlap**, two-time Olympic Marathon Trials qualifier, coordinates cardiac rehabilitation at Sioux Valley Hospital in Sioux Falls, SD. He has an MS in exercise physiology and a marathon PR of 2:18. Mike has enjoyed a 20-year running and 14-year cycling career.

**Joe Henderson** has written 27 books on running and countless magazine articles. A veteran of more than 700 races, Joe teaches running classes at the University of Oregon and coaches the Marathon Team at a local running store. He is based in Eugene, OR, and is a frequent guest at marathons around the country.

**Roy Herron**, a triathlete and a marathoner, has run more than 25 marathons and ultras in the last six years. Roy has written for *Marathon & Beyond* and is working on his fourth book, *Faith and Fitness*. A professional speaker and former minister, Roy also teaches at Vanderbilt University and serves as Democratic Floor Leader in the Tennessee Senate.

**Bill Wenmark**, president and CEO of NOW Care Medical Centers, is founder and president of, and coaches the American Lung Association Running Club (ALARC), the country's largest marathon running club. Bill has run 93 marathons and is a multi-time Ironman triathlete. A many-time 100-mile finisher, his favorite race is the Leadville Trail 100, which he has run and biked.

Camp director **Jan Seeley** is the publisher of *Marathon & Beyond*. A long-distance runner since 1974, Jan was also a 4-year member of the U.S. National Field Hockey squad. Jan's 20+ years as an event director prepare her well to direct Dick's camp. She lives in Champaign, IL, with her family.

# Dick Beardsley's

## MARATHON RUNNING CAMP

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

E-mail \_\_\_\_\_

Phone (Best #) \_\_\_\_\_

Male  Female  DOB \_\_\_\_\_

#of years running \_\_\_\_\_ #of marathons run \_\_\_\_\_

How will you travel to camp? Airplane  Auto

### Room Type

Single  Double  Triple  Quad  Camping

List choice of roommate(s) if applicable (applies to double, triple, and quad rooms) \_\_\_\_\_

### Session

I: June 5-10, 2005  II: September 6-11, 2005

### Payment Amount

Deposit Half of fee required.  
Session I balance due May 1  
Session II balance due Sept. 1 Amount \$ \_\_\_\_\_

### Payment Method

Check (payable to *Rainbow Resort/Dick Beardsley's Marathon Running Camp*; US funds only, drawn on a US bank)

MasterCard  VISA

Acct # \_\_\_\_\_ Exp \_\_\_\_\_

Name on card (please print): \_\_\_\_\_

Signature \_\_\_\_\_  
(Required for credit card payment)

### Cancellation Policy

If you have to cancel your spot at camp, and we can fill it with someone from the waiting list, we will refund your deposit, minus a \$50 administrative fee. Otherwise, your deposit is forfeited in full.

### Mail your application and fee to

**Dick Beardsley's Marathon Running Camp**  
**206 N. Randolph, Suite 502**  
**Champaign, IL 61820**  
**217/359-9345**

E-mail: [beardsleycamp@marathonandbeyond.com](mailto:beardsleycamp@marathonandbeyond.com)

## Welcome Notes



We'd like to invite you to the third annual Dick Beardsley Marathon Running Camp. Our first two years were unbelievable. They exceeded our expectations and then some! Our staff is fantastic and their marathon knowledge impressive.

But more important, our coaches are down to earth people who care about you and your running. And more good news: our sponsor support has grown since last year. We're thrilled to have New Balance, *Marathon & Beyond*, Rainbow Resort, Sof Sole, and CLIF Bar as our camp sponsors.

The trails and back roads of Northern Minnesota are just awesome to run on! You will see a lot of wildlife, and the call of the loons will lull you to sleep at night and greet you the next morning. Please join us for six of the best days of running of your life. We can hardly wait to run with you all! Take care and good running!!  
— Dick Beardsley and Jan Seeley, camp director



Rainbow Resort welcomes you to Dick's marathon running camp. We are proud to be the venue again for this wonderful event and look forward to your visit. Please do not hesitate to contact us about the resort at our toll-free number 888/734-1140 or at our Web site [www.rainbowresort.com](http://www.rainbowresort.com). — Linda & Doug Schumann (site hosts), Mike Schumann & Amy Xu (hosts)



*"I came to camp to become a better runner and left a better person."* — Pat Loebach

*"As a returning camper, I was once again moved by the experience and reminded that the finish line is not the end of the race, but just the beginning."* — Greg Hammes

## RAINBOW RESORT



Dick's camp takes place on the peaceful and scenic grounds of Rainbow Resort in Waubun, MN, 4.5 hours northwest of the Twin Cities. Staff and campers live in modern 2-, 3-, and 4-bedroom, family-style vacation lake homes with all the comforts of home — full bathrooms, living room, complete kitchen, and dining area. Situated on Little Bemidji and Big Elbow lakes, and along the Ottetail River, the resort has more than 500 acres, miles and miles of private trails, and a mile of shoreline.



In addition to the great running, campers can enjoy many other activities at Rainbow Resort: fishing (with Dick), swimming, mountain biking, canoeing, kayaking, 9-hole disc golf, pontoon rides, trail rides, volleyball, and more.



Rainbow Resort also has a lodge, as well as a recreation center with a game room and self-service laundry. Just a 1/2 hour away is beautiful Itasca State Park and the headwaters of the Mississippi. Tamarac National Wildlife

Refuge is a few miles from the resort.

*"I found spiritual inspiration and a wonderful freedom in a positive relaxed environment. (I blame Dick Beardsley and the coaching staff — perhaps I can even have definitive proof after Boston)."* — Al Neil

*"Running camp gave me the tools and the confidence to set and achieve goals I never imagined."* — Denise Hovey

## Camp Information

Looking to take your marathoning to a new level? Dick's camp could be your ticket to new heights, a PR, or even a Boston qualifier. Dick's camp isn't just a running camp — it's a MARATHON running camp. Each day, our seminars and our runs will focus on the specifics you need to be a better marathoner. The camp will help you run LONGER, BETTER, SMARTER.

Camp is open to marathoners aged 18 and older (teen campers welcome, too, with a parent or guardian also registered at camp). Camp sessions kick off with a run, dinner, introductions, and a talk by Dick. The June session ends with a marathon relay involving campers and staff. The September session includes the Dick Beardsley Half Marathon in Detroit Lakes, MN, on September 10. Daily seminars and runs will focus on the types of running that every successful marathon training program should include: hill training, tempo running, long-distance running, and speed work. You will also get personalized help to create a training program that is right for you. Give us a week and your marathoning will never be the same!

Our fantastic staff will be available the entire week for countless one-on-one time as well. We also have side trips planned to some of the local sites.

For more information or to get your camp questions answered, call 217/359-9345 and ask for Jan Seeley.

**Fee Schedule** (includes room, 12 of 14 meals, beverages, coaching, seminars, 1-year *Marathon & Beyond* subscription or extension, camp goodies, and more!)

- single occupancy (1 bed): **\$999** per person
- double occupancy (1 or 2 beds): **\$799** per person
- triple occupancy (2 beds): **\$734** per person
- quad occupancy (2 beds): **\$699** per person
- camp site (double occupancy): **\$638** per person

(Sign up with a friend or friends and pick your own roommate(s), or agree to double occupancy and we'll match you with a suitable roommate.)

*"The best part of camp is the unexpected. We come in search of better runs and leave as teammates, friends, even family."* — Joe Henderson