

# Women's Running and Conditioning Camps Summer 2010

## Active at Altitude, Estes Park, CO



**Active at Altitude**, the unique residential retreat and sports training center near Estes Park in Colorado, is hosting 3 running and conditioning camps for women runners in Summer 2010. Each camp contains a blend of activities specifically designed to elevate your running and conditioning levels — all in the Rocky Mountains!!

**Who is this for?** Women runners who want to take their running to the next level! Runners should be able to run for at least 1 hour at 10 minute mile pace or faster. Contact camp leader, Terry Chiplin, to check on your current status.

### Camp dates:

May Sunday 16 to 23, 2010    July Sunday 25 to Saturday 31, 2010  
September Saturday 18 to 25, 2010

**Camp coaches:** The camps are led by Terry Chiplin, *BOLDRUNNING* trail running coach and life coach, and owner of Active at Altitude. Terry will be joined by elite athletes and coaches, and inspirational women runners. See website for latest information.

**You will receive:** structured theory, running & conditioning sessions / camp journal and personalized action & goal plans / inspirational environment / healthy nutrition / video of running form

**Rates:** Cost for each camp is from \$925.00 to \$1395.00 per person plus taxes, depending on camp and room choice. Note places are limited to 12 women on each camp.

Rates include comfortable accommodations, all meals, group theory sessions, yoga sessions, trail runs, other activities, conditioning sessions, camp journal, and bottled water. A limited number of non-residential places are available—min 2 days—please contact Terry for further details.

To reserve your place, contact Terry Chiplin on 970 586 4432  
or 303 304 9159, e-mail [terry@activeataltitude.com](mailto:terry@activeataltitude.com).

We look forward to seeing you!