

## CAMP DIRECTORS

**Mike DeWitt** has coached at the University of Wisconsin-Parkside for the past 27 years. He began his career as Women's Cross Country Coach and Race Walk Coordinator in 1981. In 1982 he was named the Women's Track Coach. In 2007 he was appointed Men's and Women's Cross Country and Track Program Coordinator. During his tenure, De Witt's Women's Cross Country Teams have qualified for National Championship events in the NAIA (14 times in 14 years) and NCAA Division II (11 times in 13 years). His 1986 team won the NAIA National Title. His teams have placed in the Top 5 eight times and in the Top 10 eighteen times. His teams have also won 8 GLVC Titles and 7 of the past 8 championships. A total of 113 athletes (Cross Country and Track) have earned All American Honors. 28 athletes have won National Titles, and 6 former UW Parkside Race Walkers have earned USA Olympic Team berths since 1984. De Witt is a Kenosha native, a UW Parkside graduate, and a member of the first UW Parkside Cross Country team in 1968. He was the first UW Parkside Track All American. Aside from his coaching duties, De Witt has been an elementary classroom educator for the past 33 years.

**Suzy Favor Hamilton** was born and raised in Stevens Point, Wisconsin. In high school Suzy won 11 state titles and was named one of the top 100 high school athletes of the 20<sup>th</sup> century by Scholastic Sports Magazine. In college, at the University of Wisconsin, she became the winningest female collegiate athlete ever, winning nine NCAA championships and the Honda Broderick Cup as the nation's top female collegiate athlete. She is a three-time Olympian, winner of six US national championships, and has a personal best of 3:57.40 in the 1500 meter run. She now lives in Madison, Wisconsin and is devoting her career to helping others excel at running.

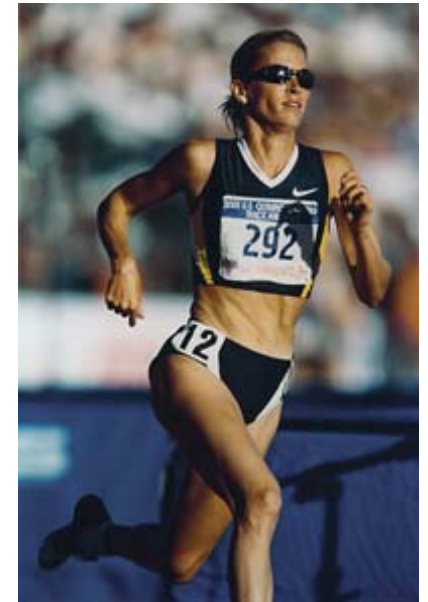
**Peter Henkes**, a former high school track and cross country coach in Racine, Wisconsin, is currently the director of the Wisconsin Runner Racing Team. The WRRT has had eight runners qualify for the USA World Cross Country Team in the past decade. The WRRT cross country team won the men's club USATF team title in 2000, and has had five individual men or women win individual crowns. Coach Henkes is the race director for all cross country events at the UWP, including the Foot Locker Cross Country Midwest Regional Championships.

Runnin Ranger XC Camp  
P.O. Box 2000  
Kenosha, WI 53144



**RUNNIN RANGER XC CAMP**  
"A Suzy Favor-Hamilton Running Camp"

July 27 – July 31  
The University of Wisconsin-Parkside  
Somers (Kenosha County), Wisconsin



**Resident and Day camp for  
runners grades 7th—12th.**

**Evening camp for runners  
grades 5th—8th.**

## LOCATION/FACILITIES

The University of Wisconsin – Parkside campus is located in Kenosha County in Southeastern Wisconsin. The Dr. Wayne E. Dannehl National Cross Country Course, which is part of the UWP campus, is one the most famous xc courses in the USA. It has been the site for numerous major championships including the NCAA D II, NAIA and USA/TAC (now USATF) National Championships. It is the annual home of the Foot Locker Midwest Regional Meet and numerous other high school, collegiate and open meets.

In addition to the campus cross country course, campers will be training on the miles of trails in the adjacent Petrifying Springs Park, the UWP indoor 200 meter track (inclement weather), and newly resurfaced outdoor track.

## ROOM AND BOARD

University Housing residence halls are located 400m from the UW Parkside Sports Activity Center and the Dr. Wayne E. Dannehl Cross Country Course. All rooms are air-conditioned and include twin beds, desks, chairs, and internet service. Vending and laundry areas are within the housing complex. High-quality meals are provided at the University Dinning Hall, 100m from the residence halls.

## SESSIONS

Resident and day camp sessions will start on Sunday, July 27<sup>th</sup> at 1:00pm. Check-in for resident campers will be from 11:00am to 12:30pm. Monday through Thursday sessions will begin at 8:00am and end at 4:00pm

The junior high evening camp will run from Monday, July 28<sup>th</sup> through Thursday, July 31<sup>st</sup>. Junior high sessions will be from 5:30pm until 7:30pm.

## UWP XC CAMP MISSION

The 2008 UW Parkside Cross Country Camp is the return of one of the original running camps that began in the 1970's and continued into 1990's. The 2008 UWP XC Camp is here with the same purpose it served from its beginning, to provide the opportunity to learn from highly successful coaches and athletes that will provide instruction to serve young runners that will assist them to grow in their young careers.

The camp staff has experience with all levels of runners, from beginners to state champions and will tailor training, lectures, motivation, and activities to those that will attend.

## CAMP DETAILS

Upon receipt of application of application, campers will be emailed (or faxed upon request) medical forms, further housing information, items to bring and details on when and where to report.

## CONTACT INFORMATION

Coach Mike DeWitt 262/595-2405 [dewitt@uwp.edu](mailto:dewitt@uwp.edu)

Coach Peter Henkes 262/633-0033 [wisrun@execpc.com](mailto:wisrun@execpc.com)

## WEBSITES

[www.wisconsinrunner.com](http://www.wisconsinrunner.com)

or

[www.parksiderangers.com](http://www.parksiderangers.com)



## Registration:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

Telephone (\_\_\_\_) \_\_\_\_\_

E-Mail \_\_\_\_\_

Grade (fall 2008) \_\_\_\_\_ Age \_\_\_\_\_ Sex: M\_\_ F\_\_

School \_\_\_\_\_

Coach's Name \_\_\_\_\_

Roommate preference \_\_\_\_\_

T-shirt size: YL \_\_\_\_ S \_\_\_\_ M \_\_\_\_ L \_\_\_\_ XL \_\_\_\_

### TUITION OPTIONS (PLEASE CHECK ONE):

\$399 Resident Camper, Grades 7-12

\$200 Day Camper: Grades 7-12

\$100 Junior High: Grades 5-8

Resident campers application & fee must be received by Tuesday, July 22nd. Day campers applications & fee must be received by Friday, July 25th. No refunds will be issued. Questions? Call 262-595-2405 or 262-633-0033.

### Liability Waiver

In consideration of my child's participation in the Camp, I hereby release the University of Wisconsin System Board of Regents, its officers, employees, and agents from any and all liability arising out of any injury or illness my child incurs while participating in camp activities. I understand the rigorous athletic activity in which he/she will be involved. I understand that participation is voluntary and I choose freely to have my child participate.

### Health Insurance & Information

Campers are encourage to have their own health insurance as limited accident insurance is provided by the UW. By applying for this camp I agree to complete and return to the Sports Medicine Department the confidential Consent for Medical Administration and Medical Treatment Form and Health History Questionnaire. I understand these forms need to be completed and on file prior to my child's participation in the camp activities. (These forms are on the UWCamps.com Web page and will be mailed to all parents/guardians when applications are received.)

### Photographs & Videos

By applying for this camp I understand the University of Wisconsin-Parkside may take photographs and/or videos of camp participants and activities. I agree that the UW shall be the owner of and may use such photographs and videos relating to the promotion of future camps. I relinquish all rights that I may claim in relation to the use of said photographs and videos.

\_\_\_\_\_  
Parent or guardian signature

Checks payable to: UW-Parkside Cross Country  
Mail to: Wisconsin Runner  
P.O. Box 1346  
Racine, WI 53401