



June 2008 - Ultrarunning Camp in the Grand Tetons!
Wednesday, June 25th to Sunday, June 29th



Your Hosts & Coaches

Camp will be led by Dreamchasers Outdoor Adventure Club co-founders: Lisa Smith-Batchen and her husband, Jay Batchen.

Jay and Lisa have a long history within the sport of endurance running. Lisa is an elite ultra distance runner and has won, among other events, the women's divisions of the Badwater 135 Mile Ultra Marathon (the race is held in July through California's Death Valley, where temperatures can soar over 120 degrees) and the Marathon des Sables (held in the Sahara, Lisa remains the only American to ever earn this distinction).

Lisa has been featured numerous times on ESPN, Discovery Channel, ABC's Wide World of Sports, NBC's Nightly News with Tom Brokaw, and Good Morning America; she has been profiled in a few documentaries. Lisa acts as an on-line coach to many athletes around the world, guiding, inspiring and motivating everyone from weekend warriors to Olympic hopefuls.

Jay is also an accomplished ultra distance runner. He has completed the Badwater 135 Mile Ultramarathon, the Western States 100 Miler, and has completed the grueling 150 mile stage race Marathon des Sables four times. In 2005 and 2007, Jay finished the Marathon des Sables as the top American...a feat made more impressive by the fact that he also served as the Race Representative to all athletes competing in the race from the US, Canada, Australia and New Zealand. Jay is the founder of the Grand Teton Races in Alta, Wyoming, and has served as its Race Director for the past three years. Jay is also the co-Race Director of the Tucson Marathon.

When & Where

Camp begins at 5pm on **Wednesday, June 25th** and finishes at 12 noon on **Sunday, June 29th, 2008**. Camp will take place at Grand Targhee Resort (<http://www.grandtarghee.com>). Nestled on the western slope of the Grand Tetons, Grand Targhee Resort is a 60-90 minute drive from the Jackson Hole, WY airport and the Idaho Falls, ID airport.

Grand Targhee Resort is an ideal place for trail running, road running, power walking and offers numerous cross-training options. Typical weather in June in the Tetons is difficult to predict ...it can be sunny and warm or there could be snow flurries (like any mountain trail race)! We will find a way to train in any of these conditions and we will provide you with a packing list to help you prepare for this adventure.

Grand Targhee Resort has a swimming pool (bring your suits!) and small general store where you can purchase beverages, snacks, toiletries, and gifts.

You have your choice of single or double accommodations at the Grand Targhee Resort. You will have a comfortable, air conditioned room, TV, and small refrigerator. All rooms are non-smoking. There is little cell phone service at Targhee, so you may wish to bring a phone card to make calls during camp.

Each day during camp, we will meet in a group room in the resort's main building, at the resort's pool, and of course, all around the grounds of the resort – which provide amazing training opportunities.



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Meals

Your camp tuition fee includes all your breakfasts and dinners. We will eat these morning and evening meals together. The dinner venue will change – one night we will dine at the resort, one night at the home of Jay & Lisa (who will share their secrets for healthy and delicious eating), one night is to be determined and the final night will be a celebration of your success (we will go into the town of Driggs, Idaho for a special meal).

Please note that your camp tuition fee does NOT include the cost of lunch or alcoholic beverages at any meals.

For lunch, please note that the restaurant is open if you wish to purchase a full meal or you may choose to visit the convenience store for snacks. Again, these expenses are not included in the camp tuition fee.

What You Will Do & Learn

You will:

- Run on the beautiful trails of Teton Valley
- Participate in classroom presentations and discussions
- Have a video analysis of your gait
- Do Strength/Core/Cross training for runners
- S-t-r-e-t-c-h!
- Meet some wonderful people

You will learn how to:

- Choose the right gear for an ultramarathon, including your hydration system
- Eat and drink for great results in training, racing and recovering from a race
- Dress for the race, including choice of fabrics
- Prepare to run in different climates, regardless of where you are training
- Pace yourself during training and during the race
- Incorporate massage into your training regimen
- Improve your running and power walking form, embracing the importance of the proper biomechanics
- Learn how to gain the mental edge!

Questions We've Had from Campers in the Past

Q: What is a typical daily schedule during camp?

A: Each day will include a variety of running, cross training, and learning about our secret weapons to achieve your dreams and goals. At least one month prior to camp, all campers will receive a detailed camp itinerary and a packing list. The itinerary is subject to change based on weather and your individual, unique needs – but it will give you a great idea about what to expect each day at camp. Please contact Lisa at lisa@dreamchaserevents.com with any questions...she is happy to respond!

Q: How far do we run each day?

A: The distances covered each day will vary. The camp is NOT competitive. We will have offer different options based on your skill, ability and desire. To offer you an example of the range you can expect, at our last camp we offered good challenges to a camper training for his first half marathon and another who was training Badwater 135 mile ultramarathon. Everyone was challenged...and had fun!

Q: Is there free time?

A: Truthfully, not a lot! We know you are coming to camp to learn and grow and our experience tells us that campers want to take full advantage of their time at camp. That being said, all activities are optional and we will work with you if you need time off for any need.



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Q: Will there be training for any specific race?

A: Absolutely. In your registration application, you will start to share your goal races and dreams. Based on this information, we can customize camp discussions and training sessions to help you meet your goal.

Q: Will I have a chance to discuss my goals privately with a coach?

A: Yes, we will offer a half hour session with Lisa or Jay and each camper. This will be your time to really focus in on any questions and goals you may want to discuss privately.

Transportation

Nestled on the western slope of the Grand Tetons, Grand Targhee Resort is a 60-90 minute drive from the Jackson Hole, WY airport or the Idaho Falls, ID airport.

Rental cars are available at both airports.

Training runs and camp activities will all be held at Grand Targhee Resort, so a car is not necessary during camp. However, it is the individual camper's responsibility to get to and from Grand Targhee Resort. For those campers who prefer not to rent a car, Grand Targhee provides ground transportation options you may wish to use:

<http://www.grandtarghee.com/getting-here/ground-transportation.php>

Fees

The registration fee is **\$1,500** USD per person (double occupancy). If you would like your own room, there is an additional fee of **\$210** USD.

Please note that if you choose double occupancy, we can assist you by pairing you up with a roommate.

Each room has 1 queen bed and 1 bunk bed.

Space is limited and will be filled on a first come, first served basis.

Please send a **payment of \$1,500** USD (double occupancy); **\$1,710** USD (single occupancy) to secure your spot. Please note that we ask you to accompany your payment with your completed application, which includes a fitness form, terms and conditions (including cancellation and refund policy), and a liability waiver.

Please send completed application and payment in the form of check or money order to:

Dreamchasers Outdoor Adventure Club, LLC
4729 E. Sunrise Drive, #227
Tucson, AZ 85718 USA

Dreamchaser Products / Extra Services

Product List

We'll bring a range of products from our store to camp for purchase, but also consider placing an order before camp and we'll bring it to you (so you avoid shipping charges). Here is the list of our products available for sale:

<http://www.dreamchaserevents.com/doac/pdfs/Merchandise.pdf>

Massages

Massages can be arranged for you during your camp experience. We will have a sign-up schedule the first day of camp for you to secure an appointment. The cost of your massage is not included in your camp tuition fee.