During the day, campers spend their free time at the waterfront, on the sports fields or just relaxing in the serene environment. Every evening our Rec Directors have an entertaining activity for campers – Minute to Win It themed competitions, skit night, and end of camp dance are a few of the offerings. And great time is spent preparing a menu of nutritionally balanced home-cooked meals for our campers.

Guest Speakers

Each year we are fortunate to bring in speakers that offer inspiration and guidance that campers apply to their training and life. Over the past few years our featured speakers have included:

- **Molly Seidel** (2020 Olympic Marathon Bronze Medalist)
- **Ruben Sanca** (2012 Olympian, Cape Verde national record holder)
- **Molly Huddle** (2012 Olympian, Former AR 5K – 14:44.76, WR 12K – 37:49)
- **Coach H** (City of Boston cross country coach, insightful XC/T&F commentator)
- **Adrianne Haslet** (Boston Marathon bombing survivor, inspirational speaker)

Granite State Running Camp
c/o Coley Carden
53 Brookside Ave.
Winchester, MA 01890

GRANITE STATE running camp

August 8-14, 2027

For More Information:

GraniteStateRunningCamp.com

Follow us:

@RunGraniteState

@GraniteStateRunningCamp

@RunGraniteState

About Granite State Running Camp

Our weeklong running camp specializes in training all types of runners – rookie, intermediate, and elite level – to reach their full potential. Experienced, championship level coaches and an enthusiastic training staff are ready to work with each runner to better their ability. And with a camper to staff ratio of 4:1, each camper receives personalized attention throughout the week.

Training runs are done on the scenic trails, quiet dirt roads, and soft surface rail trails throughout the area and every afternoon we finish the run and start our recovery by cooling off in the local streams and ponds. Running groups are based on each camper's fitness and competitiveness allowing them to train with other runners of similar ability in New Hampshire's picturesque Lake Sunapee Region.

Sample Daily Schedule

7:15 am	Morning Stretch & Short Run
8:15	Breakfast
9:30	Guest Speaker & Breakouts
11:00	Free Time/Waterfront
Noon	Lunch
1:00 pm	Free Time/Waterfront
2:00	Core Training/Yoga
3:00	Afternoon Stretch & Run
6:00	Dinner
8:00	Evening Activities
11:00	Curfew

Dates and Rates

August 8th – 14th
Arrival: Sunday, August 8th 1:00-3:00 PM
Pick up: Saturday, August 14th 9:30 AM

Rate: $899 per camper

Deposit: $200 Non-Refundable Deposit is required with each registration and the remaining balance is due by June 1, 2027.

Camp Rate includes meals, lodging, Camp t-shirt, & educational materials.

Welcome Package including list of items to bring, medical form, and directions to Camp will be sent 5-10 days after receipt of registration and deposit check.

For those families who may need some assistance with the registration fees, please contact Coley Carden (info below).

Contact:

GraniteStateRunningCamp.com
coachcoley@msn.com
Phone: 617.216.9857

Please complete and return with check to:
Granite State Running Camp
c/o Coley Carden
53 Brookside Ave.
Winchester, MA 01890
Checks payable to: Granite State Running Camp

Name_____

Mailing
Address_____

City_____
State _____ Zip Code _____

Runner's email_____
Age____ Sex: M__ F__ Grad. Year_____
T-Shirt Size: S M L XL
PRs: XC: 5k _____
Track: 2 Mile_____Mile_____800____
School_____
Coach _____
Name of parent or guardian:
_____
Home Phone (_____)_____
Emergency Phone (_____)_____
Parent's email_____
Amount enclosed $_____

_____ _____
Runner's Signature Date

_____ _____
Adult Signature Date

Signature of adult responsible for payments and acknowledging acceptance of the conditions of the below waiver: In consideration of the application I, the above signed, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damages I may have against officials of Granite State Running Camp for any and all injuries suffered as a result of participation at this camp. I further attest and verify that I am physically fit and have sufficiently trained to participate in all events, and that my private health insurance will cover any medical or hospital expenses I incur as a result of illness or injury. As the legal guardian of a minor applicant, I give permission for the minor child to be treated by a doctor if needed.