

**Getaway instructors**

**Jennifer Sober**



Formerly the wellness director for AOL and American Express, the 36-year-McHenry resident, instructor at Garrett College and Deep Creek Fitness believes her greatest accomplishment came in 2004 when she completed a five-month journey along the 2,175-mile Appalachian Trail.

*"This determination and drive not only helps me achieve my own goals, but also helps to motivate and inspire many clients with theirs. I feel one of the most rewarding things in my life is to be able to help others improve their health and quality of life." - JS*

**Jordan Davis**



Selected earlier this year for Stotan Racing, a Nike team, Davis has a 5K personal best of 14:07 on the track. At Allegany High School, Davis earned four state titles, including one each in cross country and the 800, 1600 and 3200.

**Steve Cosner**

The veteran Southern Garrett High School distance coach has been mentoring runners of all abilities for more than two decades. Time and again, Coach Cosner's teams in true Western Maryland achieve regional and state accolades.

Registered runners will receive detailed information on daily itineraries, a packing list and other necessities about creature comforts.



**About New Germany State Park**

More than 450 acres of scenic forest comprise the state park, which is situated within the 52,800-acre Savage River State Forest.

While the focus of any summer training environment for runners is on running, there will be sufficient down time to enjoy the great outdoors of Mountain Maryland.

Bring your fishing pole or mountain bike (and helmet) or bring a few extra dollars to rent a kayak or canoe.



**A look at a day at Getaway:**

- 7 a.m. Morning run
- 8 a.m. Breakfast
- 9:30 a.m. Seminar
- 11:30 – 1:30 Lunch and rest
- 1:30 p.m. Seminar
- 2:30 p.m. Afternoon run
- 5:15 p.m. Dinner and rest period
- 6:30 p.m. Travel to training site
- 7 p.m. Evening session
- 8 p.m. Seminar / team building
- 9 p.m. Return to New Germany
- 10 p.m. Prepare for bedtime
- 10:45 p.m. Tent checks
- 11 p.m. Flashlights out



\_\_\_\_\_ Yes, I want to attend the Mtn Md XC Training Getaway. I've included my \$75 nonrefundable fee and would like more information to be sent to me at:

Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Mtn Md XC Training  
Getaway benefits:

- One-on-one guidance from some of the area's most accomplished runners and trainers/
- Custom tech shirt.
- Instructional notebook
- CD/DVD to keep intact the memories created throughout the week for future motivation.
- Entry into a camp-ending 5K XC race, which will serve as the Getaway's official "practice what we preach."\*\*

\* One meal on July 19 and two meals on July 25

\*\* Only for Session II runners.

Registration fees to Session I, Session II (or both) are inclusive of three meals a day\* *Ask about commuter registration fees.*

→ Send \$75 nonrefundable deposit by May 1 to:

Mountain Maryland Marathon Club  
P.O. Box 227  
Ellerslie, MD 21529-0227

Balance of amount due payable before June 1.

Have you ever wanted a chance to just get away and train for your favorite sport?

Now you can – and at a flexible and very affordable price!

Introducing the first Mountain Maryland XC Training Getaway for male and female runners 14 years of age and above.

Come visit the Maryland mountains for seven days and six nights. Based at New Germany State Park, the Getaway emphasizes low-impact running and takes advantage of 12 miles of trails – plus many more within Savage River State Forest and other nearby natural attractions.

**Session I - \$115**

July 19 thru July 22

Check-in Monday at 3 p.m.

Check-out Thursday at 12 noon

**Session II - \$135**

July 22 thru July 25

Check-in Thursday at 3 p.m.

Check-out Sunday at 12 noon

Pitch a tent and enjoy six days of camping for \$250 – less than \$42 a day! *Other summer training opportunities offer less time for more of your hard-earned money.*

Questions? We've got answers.

**Call 301-697-6035.**

**Mountain Maryland  
XC Training Getaway**

July 19 through July 25  
at New Germany State Park



Learn the right way to prepare yourself to excel this fall cross country season, including tips on offseason conditioning, proper stretching techniques, the right way to warm-up and cool-down, how diet and exercise are forever linked ... *and so much more!*

