



# Trail Running Camp

Dippikill Wilderness Retreat, Adirondacks, NY

Join us in July 2009 for our second annual weekend retreat for runners. Trail running is just the beginning of this experience that you will not soon forget.

Gourmet meals, yoga, strength workouts, kayaking, and the beautiful Adirondacks await you! There is plenty to do for everyone—even if you have a non-running spouse, they will be more than comfortable and encouraged by this adult-only camp.

There are many different cabins on the property giving campers the opportunity to choose both luxurious and primitive accommodations depending upon their taste. Rates begin at \$250 for this all-inclusive camp, including 4 days/3 nights, a technical shirt, meals, lectures, exercise sessions, full access to the pond, and more!

If you're looking for a highly organized and motivational pick-me-up, this is it.

Whether you want to getaway with friends or make some new ones, join us!

**For more information and to sign-up, visit [www.AREEP.com](http://www.AREEP.com)**



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**Thursday, July 16 to Sunday, July 19, 2009**

Exclusively for adults.