

SUMMER RUNNING CAMPS & PLACES TO RUN IN ATLANTA

Summer Running Camps:

1. Nike Somkey Mountain Running Camp, Asheville, NC, July 2-7, 9-14, 16-21 (wait list)
<http://www.ussportscamps.com/running/nike/nike-smoky-mountain-running-camp/> (Run by GA Tech Endurance Coaches and founded by former Marist and U of FL Coach Roy Benson) – Best running camp in the Southeast!
2. Duke Running Camp, Durham, NC, July 26-30
<https://runsignup.com/Race/NC/Durham/DukeRunningCamp>
3. Maximum Velocity Track & Field Academy at Centre College, Danville, KY, June 7-10
<http://www.mvtfa.com/>
4. Univ. of Georgia Track & Field Camp, Athens, GA, June 13-16, July 11-14
<http://www.georgiadogs.com/sports/c-track/spec-rel/060507aab.html>
5. Kennesaw State Cross Country and Track & Field Camp, Kennesaw, June 13-16 & 27-30
https://epay.kennesaw.edu/C20923_ustores/web/product_detail.jsp?PRODUCTID=1123

Places to run in Atlanta:

Place to Run	Surface	Notes
Chastain Park	Grass / pavement	Nice setting
Chattahoochee River National Recreation Area: Paces Mill	Asphalt – if on trails	Just North of NAHS campus across the river on the right. It is where we will be conducting some practices.
Cochran Shoals	Compacted limestone	5K and 3 mile loop – very flat. Columns Drive (entrance on west side of Chattahoochee River) off of Interstate North Pky
Garrard Park	Grass / dirt / trail	8000 Holcomb Br. Rd. Alpharetta – site of regional meet
Grady HS	Track – synthetic	400m track – apparently cushy
Grant Park	Grass / dirt / pavement	Site of APS Series meets
Lovett School	Track – synthetic	Picturesque setting on “The Hooch” – off Paces Ferry near Vinings, just East of the river.
Marist School	Dirt / Grass/ Wood Chips	Loop is on boundary of school (off of Ashford Dunwoody, just inside 285). Park in rear of school.
Memorial Park	Dirt / Grass/ Wood Chips	Loops of 800m, 1.0, & 1.5 miles. Just one mile south of Sutton off of Northside – across from B. Jones Golf Course. We will have summer runs there.
Neighborhood Roads	Pavement	Be safe – watch for cars, wear brightly colored clothing
North Atlanta HS	Grass / pavement / chips / track - synthetic	500-600m grass, 1900m campus, & 800m Warpath (woods) + 400m rubberized track
Piedmont Park	Grass / dirt	Can be crowded on weekends. Plenty of paths. 800m oval
Tanyard Creek Park	Grass / dirt / pavement	Park is located off of Collier – just East of Northside. The “Dog Run” path (from bridge around path to end and back to bridge) is 800m (1/2 mile).
Westminster School	Dirt / crushed rock	Very nice loop around school – 2.0 miles. Westminster is W. of I-75 off of W. Paces Ferry.

Remember to be “*visible*” when you run. That is, wear light clothing (both in color and in weight – for visibility and to stay cool). Wear at least one light / bright colored garment. So, if you have black shorts, wear a white, orange, or optic green or yellow top. Stay hydrated and run in the morning (before 10:30A) when it is cooler. Girls – run with a friend or boy and stay on well traveled paths or sidewalks. Wear a watch (and heart rate monitor if you have one to ascertain exertion level) to time your run.