

**NEW SUMMER TRAIL RUNNING CAMP WITH BART YASSO COMES TO VAIL**

- *Camp takes place July 18-21, 2010*
- *Runners of all ages and ability levels invited to participate*

VAIL, Colo.—March 30, 2010—Vail-based athlete and trainer, Ellen Miller, announces a new trail running camp for runners interested in learning and training in the spectacular location of Vail, Colorado. The Vail Trail Running Camp with Bart Yasso will take place July 18-21, 2010 and will be open to participants of all ages and ability levels.

This new trail running camp created by Miller is the newest addition to Vail's line-up of summer activities designed to help participants take their passions to the next level. Participants will be running on a variety of trails and terrain on Vail Mountain, and will be divided into groups according to ability, interest level and speed. A variety of terrain conditions and distances will be offered for each day's coached trail run.

Bart Yasso will serve as the special guest for the camp. Yasso is the Chief Running Officer of Runner's World magazine and the author of My Life on the Run. He has completed more than 1,000 races, triathlons, biathlons, and eco-challenges over the past 30 years. He has run a majority of American marathons and at least one on all seven continents. In 2007, he was inducted into the Running USA Hall of Champions in recognition of his contribution, impact and dedication to the sport.

The certified coaches for the Vail Trail Running Camp are Vail locals including two time Mount Everest summitter Ellen Miller; endurance coach and professional triathlete, Josiah Middaugh; coach and two-time member of the US Mountain Running Team, Lisa Isom; and Masters running coach Dawes Wilson.

Registration for the Vail Trail Running Camp with Bart Yasso includes:

- Three nights' accommodation at the Vail Mountain Lodge & Spa
- Breakfast at Terra Bistro each day
- Welcome dinner
- Yoga for runners classes
- Nutrition/Mindful eating sessions
- A membership to ATRA (American Trail Running Association)
- Coached trail runs each day with certified coaches
- Educational sessions about topics such as heart rate monitor training, racing, gear, training programs, etc.

Additionally, a portion of the proceeds will benefit the Trail Action Group (T.A.G.) in Vail, dedicated to preserving and maintaining the trails system in the area. The rate for the camp with accommodations at the Vail Mountain Lodge is \$975. The rate for the camp only is \$695. Single room lodging, family and group lodging is available.

Participants should possess a level of general fitness for beginning trail running.

Participants should be able to run for a minimum of three miles at nine to 10-minute-per-mile pace on the road. During the three day camp, participants will gain the knowledge, technique, confidence and fitness to enjoy the adventure and benefits of trail running.

This camp is operated under a special-use permit issued by the U.S. Forest Service. For more information, please contact Ellen Miller, [alpineellen@gmail.com](mailto:alpineellen@gmail.com) or register for the camp at [www.imathlete.com](http://www.imathlete.com).

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