



**Dreamchasers Women's Training Camp**  
**March 2-8, 2009**  
**Victor, Idaho**

---

*You're Invited!*



*Please join us in March 2009  
for the Dreamchasers Women's Training Camp  
at the Teton Springs Lodge and Spa.*

*It will be a journey you will always cherish.*

---



## Dreamchasers Women's Training Camp

March 2-8, 2009  
Victor, Idaho



### DO YOU HAVE A DREAM?

Do you believe enough in this dream to want to see it through?  
DO YOU HAVE A GOAL that you see in front of you but have NO idea what to do or how to get there?

Come to this camp and we will teach you and give you all the tools you need to Dream Big and follow your dream all the way to completion.

If you can dream it, you can do it. Find a way or make one!

*Alone we can do so little,  
together we can do so much.*

### Is this camp for you?

This camp is for you if you want to:

- Set huge personal goals, built on a strong foundation of self-awareness and gratitude for where you have brought your life to today.
- Change the way you manage time, creating space to do all that you want (using mental and physical efficiency tips).
- Expand your comfort zone and prepare to climb a mountain, run a marathon, or chase down your very own unique dream!

We encourage All women of All levels seeking to lose weight, learn how to live a healthy lifestyle, walk a mile, run her first 5k, marathon, 50 miles, 150 miles or even summit Mt. Everest!

### What are some of the benefits gained by attending camp?

**ENJOY A WINTER WONDERLAND.** Come to this beautiful part of the United States and enjoy the offerings of an all-inclusive training destination for endurance athletes.

**TRAIN WITH PEOPLE WHO KNOW THE AREA.** We know how hard it can be to train in a new location. Trying to find the good local training grounds, sleeping in uncomfortable hotels and eating out everyday can be a huge stress on the body and mind. We want people to direct that energy toward training, recovering and enjoying their trip. Dreamchasers will provide staff, support, location and accommodations to help you obtain your training goals and love every minute of it.

**GET IN THE ZONE.** At camp, we will be all about living a healthy life style. Camp represents a chance to jump on an accelerated learning track. One of Lisa's students who attended camp last summer observed that he felt he learned as much at camp as he would have in two years of running experience. Incidentally, this same student just took more than 2 hours of his 50 mile personal record.

**BECOME OF A PART OF A TEAM.** You will get to meet many of Lisa's students. Many have become lifelong friends and virtual training partners. And it's so great when we all meet up at races.

**ACQUIRE TECHNICAL KNOW-HOW.** Camp offers a chance to see and do the drills that are so often put in



## **Dreamchasers Women's Training Camp**

**March 2-8, 2009**  
**Victor, Idaho**

training programs. We also put race day and training nutrition to the test. We bring along the products we believe are best for endurance athletes and you will get to try them in the elements.

### **What You Will Do & Learn**

#### **You will:**

- Run, hike and snowshoe
- Participate in classroom clinics and discussions
- Have video gait analysis – at the beginning & end of camp
- Do Strength/Core/Cross training for all kinds of sports.
- We will test your VO2 max by spinning on a bike, or running on a treadmill.
- S-t-r-e-t-c-h!

In your free time, enjoy the spa, cross country ski, skate ski or sit by the fireplace and enjoy the company of some incredible people.

#### **You will learn how to:**

- Choose the right gear for your adventures, including backpacks and hydration systems
- Eat and drink for great results in training, racing and recovery
- Dress for success in training or your participation in a race.
- Prepare to run in the heat, even if you're training in colder climates (and vice versa)
- Pace yourself during training and during the race
- Incorporate massage into your training regimen
- Improve your running and powerwalking form, embracing the importance of the proper biomechanics
- Care for your feet
- Gain the mental edge!



### **Your Hosts, Coaches & Guest Speakers**

Camp will be led by Dreamchasers Outdoor Adventure Club co-founder: Lisa Smith-Batchen. Lisa will be assisted by Colleen Woods and we will be joined by numerous guest speakers throughout the week.

Lisa is an elite ultra distance runner and has won, among other events, the women's divisions of the Badwater 135 Mile Ultra Marathon (the race is held in July through California's Death Valley, where temperatures can soar over 120 degrees) and the Marathon des Sables (held in the Sahara, Lisa remains the only American to ever earn this distinction).

Lisa has been featured numerous times on ESPN, Discovery Channel, ABC's Wide World of Sports, NBC's Nightly News with Tom Brokaw, and Good Morning America; she has been profiled in a few documentaries. Lisa acts as an on-line coach to many athletes around the world, guiding, inspiring and motivating everyone from weekend warriors to Olympic hopefuls.

Colleen is an amateur runner who enjoys the scenery, the laughs of training partners, and the stress reduction offered by getting outside after a long day at work. She has completed four marathons, two Ironman triathlons, and



## Dreamchasers Women's Training Camp

March 2-8, 2009  
Victor, Idaho

one ultramarathon. She is a marketing specialist who seeks out projects that help people understand their individual strengths and the collective magic that appears when a group comes together.

Both Lisa and Colleen will be participating in the 2009 Marathon des Sables.

Colleen has worked with Lisa and Dreamchasers at several other camps and is the backbone to a great deal of the preparation. Lisa and Colleen have proven to be an extraordinary team!

Lisa and Colleen will be joined by numerous guest speakers at camp. We are finalizing the roster of guest speakers, including presentations and roundtables led by sports medical physicians, women's health experts, spiritual guides, self-defense experts and experienced endurance athletes eager to share their stories and hear your own.



### When & Where

The Dreamchasers Women's Camp begins at 5pm on Monday, March 2nd and finishes at 12 noon on Sunday, March 8th, 2009. Our "base camp" will be the spectacular Teton Springs Lodge & Spa, where we are certain you will enjoy your stay and the many amenities the lodge has to offer:

Teton Springs Lodge & Spa  
19 Village Place  
Victor, Idaho 83455  
Phone: 208-787-7888  
Toll Free: 1-877-787-8757

Teton Springs is located 20 miles to the west of Jackson Hole. Its location is spectacular...right in the shadow of the beautiful Grand Teton mountain range. A stay at Teton Springs and attendance at our camp will allow you the opportunities to train, have fun and relax. And yes, there is high-speed, wireless internet. Bring your own laptop if you want to take advantage of this amenity.

For those flying to camp, please book your flight to arrive at Jackson Hole, WY Airport (approximately 45 minutes from Teton Springs Lodge & Spa). We will offer limited van shuttle service from the Jackson Hole Airport to Teton Springs Lodge & Spa. If you would like to use our shuttle service, please schedule your flight to arrive to Jackson Hole on Monday March 2nd between 2-5pm and depart on Sunday March 8th after 2 pm from JH airport.

Our location will allow unique challenges – including snowshoe work-outs, hikes and the comfort of returning to the Lodge after each day's work-outs, relaxing. Back at the Lodge, you will feast on hearty, wholesome meals, reminisce about the day, and listen to one of our many special guest speakers.

We will also have use of the Lodge's Fitness Center, which is outfitted with state-of-the-art strength training stations, free weights, and individual cardio training equipment including treadmills, elliptical trainers, and stationary bikes. In addition, there is a 500 square foot room we will use for Core Strength training.





# Dreamchasers Women's Training Camp

March 2-8, 2009  
Victor, Idaho

## Fees

### Full Package

**\$1,995 per person** (based on double occupancy\*)

A non-refundable deposit of \$500 is due to hold your reservation.

This fee includes:

- Daily training program
- Equipment rental
- Transportation during camp to any training events held off-site
- Ground transportation to and from the airport, if your arrival and departure coincide with the designated times (arrive to Jackson Hole Airport on Monday March 2nd between 2-5pm and depart on Sunday March 8th after 2 pm from JH airport).
- Evening program options, including health and wellness discussions and round table discussions with guest speakers
- 3 meals a day, beginning with dinner on the evening of March 2<sup>nd</sup> and concluding with lunch on the afternoon of March 8<sup>th</sup>
- Double occupancy accommodation for 6 evenings, beginning March 2<sup>nd</sup>.

This fee does NOT include:

- Any alcohol consumed during camp
- Spa services (though we will gladly help you make reservations). As a participant of camp, you will receive a discount on spa services.

*\* We will place you with a roommate if you do not have a travel companion. Single accommodations are available at an additional cost, please inquire.*



## Dreamchasers Women's Training Camp

March 2-8, 2009  
Victor, Idaho

---

### Frequently Asked Questions

**Q: What is a typical daily schedule during camp?**

A: Each day will include a variety of running, cross training, and learning about our secret weapons to achieve your dreams and goals. At least three weeks prior to camp, all campers will receive a detailed camp itinerary and a packing list. The itinerary is subject to change based on weather and your individual, unique needs – but it will give you a great idea about what to expect each day at camp. Please contact Lisa at [lisa@dreamchaserevents.com](mailto:lisa@dreamchaserevents.com) with any questions...she is happy to respond!

**Q: How far do we run each day?**

A: The distances covered each day will vary. The camp is NOT competitive. We will have offer different options based on your skill, ability and desire. To offer you an example of the range you can expect, at our last camp we offered good challenges to a camper training for his first half marathon and another who was training Badwater 135 mile ultramarathon. Everyone was challenged...and had fun!

**Q: Is there free time?**

A: Of course! We know you are coming to camp to learn and grow and our experience tells us that campers want to take full advantage of their time at camp...and that includes scheduling time for some rest and relaxation. All activities are optional and we will work with you if you need time off for any need.

**Q: Will there be training for any specific race?**

A: Absolutely. In your registration application, you will start to share your goal races and dreams. Based on this information, we can customize camp discussions and training sessions to help you meet your goal. We expect absolutely welcome one and all!!

