

# Staff

**Greg Bielecki** (co-director) In his 23rd summer at BRC, Greg is entering his 23rd year coaching at La Salle College High School. He has been head coach at La Salle since 2007, and in that time the Explorers have 16 PIAA Top 10 XC finishes, with 13 in the top 5, 9 in the top 2, and a PA State Championship in 2017. While at La Salle his teams have won 31 PCL and 20 PIAA District XII titles. He has guided 11 relays to US top 25 rankings including two US#1 DMRs – and in 2013 the Explorers won the Championship of America DMR at the Penn Relays. Greg was a 3 time NCAA All-American at D3 Haverford College—all at different distances (including an NCAA Championship DMR). Post-collegiately he was the top Philadelphian in the Broad Street Run 3 consecutive years. Additionally, he teaches history at La Salle.

**Greg Green** (co-director): This will be his 26th year at camp. Greg is currently the Head Coach at Lower Moreland HS. Greg has led the LM girls to four straight AA District Championships and has coached the last 3 individual winners. In 2024, both his boys and girl's teams were AA District Champions. On the track, his 4X800 girls' relays have finished in the top 4 ten times at the state championships. He was the Head XC and T&F Coach at St. Basil Academy for 15 years, during which time his teams won 8 League Titles, 7 District Titles, and 3 PIAA AA State Titles! He has coached over 50 State Medalists in XC and T&F.

**Dean Lent**: This will be his 27th summer at BRC. He is the current Assistant Coach at Springfield (DelCo) HS. While at Swenson HS Dean coached 5 State Championship teams, and was 4 times PA State Coach of the Year. He had previously coached at Nazareth Academy where his teams were undefeated from 1995-2000. He also coached at his Alma Mater, Ursinus College (where he was the ECAC 800m champion and NCAA qualifier).

**Dr. Steve Blasi**: This will be Steve's 34th consecutive summer at Briarwood! Steve ran at La Salle HS, was an 8 time Academic-All American at D3 York College—and team MVP, and then was the founder of the PCOM Running Club while in Medical School. Dr. Blasi practices family/sports medicine for Saint Luke's Hospital, and has taken his vacation to serve as the Briarwood Running Camp doctor for the last 19 years!

**JB Haglund**: In his 21st summer at Briarwood, JB serves as the Assistant XC Coach at his Alma Mater, Haverford College. While at Haverford JB was a 4 time NCAA D3 National Champion! (XC, DMR, 5k, and 10k). JB has helped the Goats finish on the podium (NCAA Top 4) four times in the past 7 years. He is an English teacher at Lower Merion HS

**Mary Esposito**: This will be Mary's 17th year at Briarwood. Mary previously coached at Lower Moreland HS where she coached 6 individual State medalists, and 3 State medalist relays. Her 2014 XC team won the District 1 AA Team Championship. Before joining the staff at Lower Moreland Mary was an Assistant Coach at St. Basil's when the SBA team captured the 2006 PIAA AA XC State Championship. As a collegiate athlete, Mary competed for St. Joseph's University where she helped set a school record in the 4x800m relay and earned All-A10 Honors 7 times.

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## **SPECIAL GUESTS WILL INCLUDE** **(BUT NOT BE LIMITED TO):**

**Stephen Walsh**: Former Director of Cross Country and Track & Field at the College of William & Mary where his teams have had numerous impressive NCAA finishes. He was an outstanding athlete for Penn State and St. Joseph's Prep. He has been joining us at Briarwood for over 10 years.

**Dr. Ira Meyers**: Co-Founder and former director of BRC, Dr. Meyers is recognized as one of the leading podiatrists specializing in sports medicine. He was an All-East runner for William & Mary and was the 1984 winner of the Philadelphia Marathon.

**PREVIOUS GUEST SPEAKERS**: have included:  
Chris Miltenberg—Head Coach at UNC,  
Vince Touey—Head Coach at Widener University,  
Tom Donnelly—Former Head Coach at Haverford College,  
Vicky Huber—Villanova U. Olympian ,  
Shane Cohen—NCAA 800m Champion @ UVA  
Garry Martin—local HS sub 4:00 miler

# 36th Briarwood Running Camp

2 options  
Full Week: Aug 15-20  
Weekend: Aug 15-17



*Training for the  
Long Run...*

at  
Briarwood Day Camp  
1380 Creek Road  
Furlong, PA 18925

Briarwoodrunningcamp.com



# 2025 Briarwood Running Camp



## Program

The Camp is designed to be an enjoyable learning experience for high school age runners of all abilities. The camp is big enough (approximately 130 campers) for lots of FUN, but intentionally small enough for every camper to get personalized instruction from some of the best coaches and athletes in the area, if not the country!

We will have excellent guest speakers, and small group discussions led by our outstanding staff members from around the country (Olympic Trials qualifiers, NCAA All-Americans, sub 4:00 milers). The in-depth schedule will include instruction on:

- Running Form video analysis! Some of the best coaches in the area will provide cutting edge video analysis to help you work on improving your running form
- Great running: Both soft surface locations—running along the Delaware River tow paths in NJ & PA - as well as some paved and mixed trails at Peace Valley Park, and Tyler State Park
- Learning by Doing: Drills and General Strength programs led by top college athletes
- Daily Small Group Discussions: mental preparation, nutrition/injury prevention, the college process, etc.

### FEATURED ACITIVITES:

Trivia Night, The always entertaining and competitive Alaskan Pipeline Contest, The world renowned "Briarwood's Got Talent" Show, Point-to-Point Prediction Long Run, the much anticipated Cannon Ball Contest, and the super fun Dance!

- Not to mention the always open and fun facilities for: Gaga ball, the pool and amazing water slide, Beach Volleyball, and the inflatable trampoline!

## \*ONLINE REGISTRATION BRIARWOODRUNNINGCAMP.COM

### Application

Complete and return with Check

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Parent Cell: \_\_\_\_\_

Camper Email: \_\_\_\_\_

Parent Email: \_\_\_\_\_

DoB: \_\_\_\_\_ Age: \_\_\_\_\_ Male:/Female

School: \_\_\_\_\_

Grade in school '25'26 \_\_\_\_\_ # of Years @BRC: \_\_\_\_\_

T-Shirt Size: S M L Meals: Regular Vegetarian  
(please circle)

MAIL TO: Briarwood Running Camp  
PO Box 161, Flourtown, PA 19031  
Checks made payable to: Briarwood Running Camp  
(\$200 deposit due at time of registration)  
- Space is limited to the first 130 campers, so please register early!

Check in: Friday, August 15th time TBD (after 5:00pm)  
Check out: Full Week—Wednesday, Aug 20th 10:00am  
Weekend—Sunday, Aug 17th 5:00pm

## Tuition

Full Week Rate:

\$650

Weekend Rate: \$325

- A \$200 deposit is required within 1 week of registration (non-refundable after July 1, 2025)
- Balances are due by August 1st (non-refundable)
- ***Credit Card payment is available, contact us to be able to call and pay by card***

## Parent Permission and Medical Release

I hereby give permission for my son/daughter named below to participate in Briarwood Running Camp and I am aware of the risks.

I understand and give permission for photographs and videos to be taken, to be used by Briarwood Running Camp in brochures as well as in electronic, video, print, display and other materials

I hereby give permission to the resident physician/trainer to provide routine health care, emergency treatment, and administer medication when needed to:

\_\_\_\_\_  
(Name of Camper)

Signature \_\_\_\_\_  
(Parent/guardian)

## PHYSICALS

ALL campers ***MUST provide a copy of their PIAA or NJIAA pre-competition physical form in order to participate in camp.*** These can either be mailed during registration or brought to check in.

Contact us: briarwoodrunningcamp@gmail.com