

## Senior Staff

**Greg Bielecki (co-director)** In his 24th summer at BRC, Greg is entering his 24th year coaching at LaSalle College High School. He has been head coach at La Salle since 2007, and in that time the Explorers have 17 PIAA Top 10 XC finishes, with 14 in the top 5, 9 in the top 2, and a PA State Championship in 2017. While at La Salle his teams have won 34 PCL and 22 PIAA District XII titles. He has guided 13 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 Greg's 27<sup>th</sup> year at BRC. 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! Following his time at St. Basil's he coached at Lower Moreland where his teams won numerous league and PIAA District 1 championships. He has coached over 50 State Medalists in XC and T&F.

**Dean Lent:** This will be his 28<sup>th</sup> 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 35th consecutive summer at Briarwood! Steve ran at La Salle College High School, 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 physician for the last 20 years!

**JB Haglund:** This will be JB's 22nd summer at Briarwood. While a student-athlete at Haverford College, JB was a 4 time NCAA D3 National Champion! (XC, DMR, 5k, and 10k). Following his college career JB served as an Assistant Coach at Haverford College and helped the Goats finish on the podium (NCAA Top 4) four times in 7 years, including a team NCAA Championship in 2010. He is an English teacher at Lower Merion High School.

**Mary Esposito:** This will be Mary's 18th 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 she 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.

### 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 University of North Carolina  
**Vince Touey** — Head Coach at Widener University  
**Tom Donnelly** — Former Head Coach at Haverford College  
**Vicky Huber** — Villanova University Olympian  
**Shane Cohen** — 2024 NCAA 800m Champion @ UVA  
**Gary Martin** — local HS sub 4:00 miler @ Archbishop Wood

# 37th Briarwood Running Camp

## 2 Options

**Full Week: Aug 14-19**  
**Weekend: Aug 14-16**



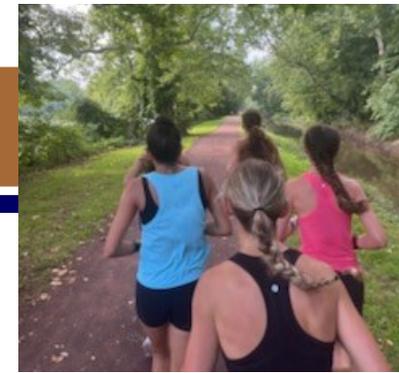
## Training for the LongRun...

Located at  
Briarwood Day Camp 1380  
Creek Road Furlong, PA 18925

**Briarwoodrunningcamp.com**



# 2026 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:** Soft surface locations—running along the Delaware River tow paths in NJ & PA - as well as scenic roads from our camp grounds

**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 ACTIVITIES:** Trivia Night, Alaskan Pipeline competition, Cannon Ball contest, the hilarious “Briarwoods Got Talent!” and the super fun Dance!

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

\*ONLINEREGISTRATION  
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 14th time TBD (after 5:00pm)

Check out: Full Week—Wednesday, Aug 19th 10:00am

Weekend—Sunday, Aug 16th 5:00pm

## Tuition

**Full Week Rate: \$675**

**Weekend Rate: \$350**

- A \$200 deposit is required within 1 week of registration (non-refundable after July 1, 2026)
  - 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 healthcare, 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