

Receiving the Walter Burgess American Running Camp scholarship gave me an opportunity to meet people and learn tactics to enhance my running. I met many great people and formed friendships at the American Running Camp. One of my greatest takeaways from the camp was meeting past and current Olympic runners and interacting with them whenever I could. I consider myself a good runner, but I lack knowledge and experience. This scholarship gave me the opportunity to interact with people and gain knowledge and experience that I can institute into my running strategy. When we Skyped with Matt Centrowitz, he shared many stories and experiences that he had at the world championships. My favorite part of the camp was listening to Matt, because he is an amazing runner who went to this camp as a kid. Knowing that there was so much history of great runners at this camp really made me appreciate the opportunity I was being afforded. I also met other runners who I observed and tried to learn from. I can't thank the Walter Burgess Scholarship foundation enough.

Respectfully,

*Michael*

Mike Carnavos

