

2022 Tahoe Running Camp Schedule (Revision 5/27/22)

10:00 PM Every Night = QUIET TIME! *Driving from Camp

7/31 Sun	<p>8:45 Meet at MCHS to load up cars/trucks > Leave MCHS by 10:00 AM</p> <p>2:30 Check in Zephyr Cove Campground, unpack, set up tents and camp kitchen</p> <p>4:30 4-6 mile EZ run</p> <p>6:30 Dinner: Soup, Grilled Cheese, Salad</p> <p>8:30-9:30 Campfire talk</p>
8/1 Mon	<p>7:30 Wake-up/light breakfast</p> <p>8:00-10:15 Short AM run + CTT (Circuit Training & Torture) hosted by Alumni</p> <p>10:15-11:00 Breakfast: Help yourself cereal</p> <p>11:00-Noon Team Building Activity</p> <p>Noon-2:30 FREE TIME (check-in at Noon with assigned chaperone)</p> <p>*2:30-6:30 Emerald Bay 6-7 mile run (~45 minute drive to/from run)</p> <p>7:00 Dinner: Pulled Pork Sandwiches, Mac Salad and Fruit</p> <p>8:30-10:00 Campfire talk</p>
8/2 Tue	<p>7:30 Wake-up/light breakfast</p> <p>8:00-10:00 4-6 mile EZ run</p> <p>10:00-11:00 Breakfast: Pancakes, Sausage and Fruit</p> <p>11:00-Noon Team Building Activity/Trivia + Schwag</p> <p>Noon-2:00 FREE TIME (check-in at Noon with assigned chaperone)</p> <p>2:00-5:30 Tempo/Relay Workout + Kickball Game</p> <p>6:30 Dinner: Taco's with all the fixings and Beans</p> <p>8:30-10:00 Campfire talk</p>
8/3 Wed	<p>8:00 (sleep-in day!) Wake-up/light breakfast</p> <p>9:00-10:30 Short AM run + very light CTT hosted by Alumni <u>and</u> XC Team Captains</p> <p>10:30-11:30 Breakfast: Build your own Breakfast Burritos</p> <p>11:30-Noon Trivia + Shwag</p> <p>Noon-1:00 Team Building Activity</p> <p>1:00-3:00 FREE TIME (check-in at Noon with assigned chaperone)</p> <p>3:00-5:30 TBD short run or activity</p> <p>6:30 Dinner: Load-up with Pasta, Green Salad and Bread</p> <p>8:00-9:00 Campfire talk</p>
8/4 Thu	<p>6:00 Wake-up/light breakfast before Spooner! (see below leave camp/launch run times)</p> <p>*<u>Wave #1</u> = leave camp 6:45 / launch for run 7:30; <u>Wave #2</u> = 7:15 / launch for run 8:00</p> <p>Noon-1:00 Quick Lunch/Snack/Change at camp</p> <p>1:00-5:30 FREE TIME Fun and games at Zephyr Cove Beach</p> <p>5:30 or 6:00-7:30 Dinner: Pizza!</p> <p>8:00-10:00 Campfire talk + Spooner top effort highlights</p>
8/5 Fri	<p>7:30 Wake-up/light breakfast (optional short morning shake-out run)</p> <p>8:00-9:00 Clean-up and Pack > *Leave Camp site by 9:00</p> <p>1:30-2:00 Arrive at MCHS parking lot (Parents, please get there in this timeframe for pick-up; we want to avoid having to unpack, then pack it back up, then unpack again!)</p>