

2023 Tahoe Running Camp 6 Day Schedule (Revision 12/4/22)

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

8/2 Wed	<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>
8/3 Thu	<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>
8/4 Fri	<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>
8/5 Sat	<p>8:00 (sleep-in day!) Wake-up/light breakfast</p> <p>9:00-10:30 Short AM run + very Fun and games at Zephyr Cove Beach</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>
8/6 Sun	<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 (check-in at Noon with assigned chaperone)</p> <p>5:30 or 6:00-7:30 Dinner: Pizza!</p> <p>8:00-10:00 Campfire talk + Spooner top effort highlights</p>
8/7 Mon	<p>8:00 (sleep-in day!) Wake-up/light breakfast</p> <p>9:00-10:30 Short AM run + stretching + light core hosted by Alumni <u>and</u> XC Team Captains</p> <p>10:30-11:30 Breakfast: TBD then Trivia Game 11:30 – Noon > Noon – 1:00 Team Building Activity</p> <p>1:00-3:00 FREE TIME (check-in at Noon with assigned chaperone); Note Freshmen might have to leave Camp for school Orientation / Others 3:00 – 5:30 Game or Group Activity</p> <p>6:30 Dinner: TBD</p> <p>8:00-9:00 Campfire talk</p>
8/8 Tue	<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 AM!</p> <p>1:30-2:00 Arrive at MCHS parking lot</p>