

# 2023 Tahoe Running Camp 6 Day Schedule (Revision 7/18/23)

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

<b>Day #1</b> <b>8/2</b> <b>Wed</b>	<b>8:45:</b> Meet at MCHS to load up cars/trucks > Leave MCHS by <b>10:00 AM</b> <b>2:30:</b> Check in Zephyr Cove Campground, unpack, set up tents and camp kitchen <b>4:30:</b> 4-5 mile EZ shake-out run <b>6:30:</b> Dinner! Soup, Grilled Cheese, Salad <b>8:30-9:30:</b> Campfire talk (Camp Staff Intros)
<b>Day #2</b> <b>8/3</b> <b>Thu</b>	<b>7:30:</b> Wake-up/light breakfast <b>8:00-10:30:</b> Short AM run + CTT (Circuit Training & Torture) hosted by Alumni at GW High School <b>10:30-11:30:</b> Breakfast: Build your own Breakfast Burritos <b>11:30-12:30:</b> Trivia/Team Building Activity <b>12:30-2:00:</b> <b>FREE TIME</b> (check-in 12:30 with assigned chaperone/back 2pm/ready for 2:30 departure) <b>*2:30-6:30 Emerald Bay 6-7 mile run (~45 minute drive to/from run)</b> <b>7:00</b> Dinner: Pulled Pork Sandwiches, Mac Salad and Fruit <b>8:30-10:00</b> Campfire talk (Alumni, Senior intros)
<b>Day #3</b> <b>8/4</b> <b>Fri</b>	<b>7:30</b> Wake-up/light breakfast <b>8:00-10:00</b> 4-6 mile EZ run <b>10:00-11:00</b> Breakfast: Pancakes, Sausage and Fruit <b>11:00-Noon</b> Team Building Activity/Trivia + Schwag <b>Noon-2:00 FREE TIME</b> (check-in at Noon with assigned chaperone) <b>2:00-5:30</b> Fun Run Relay Workout + Kickball Game at GW High School <b>6:30</b> Dinner: Taco's with all the fixings <b>8:30-9:30</b> Campfire talk (Junior, Sophomore intros)
<b>Day #4</b> <b>8/5</b> <b>Sat</b>	<b>8:00</b> (sleep-in day!) Wake-up/light breakfast <b>9:00-10:30</b> Tempo Run Workout + Circuit Training at GW High School <b>10:30-11:30</b> Breakfast: Build your own Breakfast Burritos <b>11:30-1:00</b> Trivia + Shwag and Team Building Activity <b>1:00-3:00 FREE TIME</b> (check-in at 1:00 with assigned chaperone) <b>3:00-5:30</b> TBD short run or activity <b>6:30</b> Dinner: TBD (Bailey's Buffet Surprise) <b>8:00-9:30</b> Campfire talk (Freshmen intros)
<b>Day #5</b> <b>8/6</b> <b>Sun</b>	<b>7:30</b> Wake-up/light breakfast <b>8:00-10:00</b> Short Run / Intro to Stretching <b>10:00-Noon:</b> Late Breakfast OYO <b>Noon-1:00</b> Quick Lunch/Snack/Change at camp <b>1:00-5:30 FREE TIME</b> (check-in at 1:00 and 3:00 with assigned chaperone) <b>6:00-7:30</b> Load-up with Pasta, Green Salad and Bread <b>8:00-9:00</b> Campfire talk
<b>Day #6</b> <b>8/7</b> <b>Mon</b>	<b>6:00</b> Wake-up/light breakfast before Spooner! <b>*6:45:</b> Leaving camp > Drive 20 minutes to Tahoe Rim Trail > launch 7:30 <b>Noon-1:00:</b> Return to Camp; Quick Lunch OYO <b>1:00-5:30: FREE TIME</b> (check-in at 1:00 and 3:00 with assigned chaperone) <b>6:00-7:30:</b> Pizza Dinner! <b>8:00-10:00</b> Campfire talk + Talent Contest (organized by Class)
<b>8/8</b> <b>Tue</b>	<b>7:30</b> Wake-up/light breakfast (optional short morning shake-out run, check with Greg) <b>8:00-9:00</b> Clean-up and Pack > <b>*Leave Camp site by 9:00 AM!</b> <b>1:30-2:00</b> Arrive at MCHS parking lot