**Spanish Fork Cross Country Summer Mountain Running Retreat**

We are excited to announce the Spanish Fork Cross Country Mountain Running Camp. This is for all prospective members of the Spanish Fork High School Cross Country Team in the Fall of 2014.

**When**: Monday July 27th – Wednesday July 29th We will leave from Spanish Fork High School at 9am on Monday July 21st and return on Wednesday July 23rd at 5pm.

**Who**: All 9th-12th graders who plan on running cross country with Spanish Fork HS in the Fall of 2015.

**Where**: Mountain Cabin above Mount Pleasant Utah

**What**: 3 days of running, eating, sleeping and having a blast with other members of the cross country team.

**Details**: The girls will sleep inside the cabin, the boys will likely be outside in tents. All food will be provided. The cabin has running water, two full bathrooms, electricity and enough space on beds/couches to sleep 20. It also has Ping pong and foosball tables, horseshoe and fire pits.

We will run twice a day with at least one of the runs being an “adventure” run where we will run along trails at 10,000 feet in elevation. We will do many team building activities. This will allow the team members to build team unity that will carry us far as we begin our season in the Fall.

On Thursday July 24th we encourage all camp attendees to sign up for the Spanish Fork Fiesta Days 10K which will be the kickoff activity associated with the running camp. You will need to sign up and pay for the 10K on your own. http://www.spanishfork.org/dept/parkrec/sports/pdf/15\_FD\_SS\_Form.pdf

**Camp Cost**: $40 payable to the Spanish Fork Finance office by July 21st. This will pay for all transportation, food, lodging, and activities. Signed parent’s permission slip is due at this time as well.

**Requirements**:

1. Run 100 miles between June 1st-July 26th. As this is a running camp we need to make sure all attendees have a certain base mileage before coming to camp. Email Coach Cable at dlc0924@hotmail.com each Sunday with your weekly mileage totals. Speak with Angie or Darin to waive the 100 mile requirement. We want everyone to come to the camp and will make exceptions to the full 100 miles as long as we feel you have put in the effort and are ready for the extra mileage at camp.
2. Turn in your $40 fee by July 21st
3. Signed parent’s permission slip by July 21st We will use the high school Form A as our camp parent permission slip. You need to fill out page one and page three. Page two is for a medical doctor to fill out. If you can get your physicial prior to the camp – great. If not, we will hand to you back the Form on the last day of camp. You will then need to get page two signed by a doctor prior to being able to run in our first meet of the year on Thursday August 20th.

Visit our cross country web site for additional information: http://sfhstrack.weebly.com/cross-country.html

If you have questions contact the coaches:

Angie Owens 801-615-0721

Darin Cable 801-319-4268

**What to Bring**

\_\_\_\_\_Sleeping bag/blankets

\_\_\_\_\_Pillow

\_\_\_\_\_Foam pad or air mattress (boys only)

\_\_\_\_\_Toiletry items

\_\_\_\_\_Soap

\_\_\_\_\_ Shampoo

\_\_\_\_\_Toothbrush & toothpaste

\_\_\_\_\_Wash cloth/towels

\_\_\_\_\_Comb/Brush

\_\_\_\_\_Personal hygiene items

**Clothes**

\_\_\_\_\_Running Clothes (we will do 5 total team runs)

\_\_\_\_\_Running Shoes

\_\_\_\_\_Running Socks

\_\_\_\_\_Pajamas/Sweats

\_\_\_\_\_Towel

\_\_\_\_\_Coat/jacket

\_\_\_\_\_Extra shoes

\_\_\_\_\_Change of clothes; long pants, shorts, shirts

**Misc Items**

\_\_\_\_\_Flashlight & batteries

\_\_\_\_\_Pad & pen

\_\_\_\_\_ Water bottle

\_\_\_\_\_Camp Chair

\_\_\_\_\_Insect Repellant

\_\_\_\_\_Sun screen/Sun glasses

\_\_\_\_\_Day Pack (fanny pack, camel back or drawstring back pack)

**Optional Items**

\_\_\_\_\_Watch

\_\_\_\_\_Hat

\_\_\_\_\_ Snacks/Candy