

SUMMER RUNNING IN BREVARD

"All You Need to Know about Distance Camp!"

WHAT TO BRING: (SHARE THIS WITH YOUR PARENTS!!!!)

This is cross country camp. You will get your shoes dirty and we will run in the rain!

- * Running Apparel
 - * Towels
 - * Swimsuit
 - * Fan (optional)
 - * Spending Money for Camp Store & pizza (optional)
 - *The Co-Pay Amount for your Insurance in the event you need medical attention (Mandatory)
 - Balance Due-Certified checks payable to BREVARD DISTANCE RUNNERS CAMP, Money Orders or Cash
 - A copy of your medical insurance card if not sent with your application.
- * 2-3 Pairs of Running Shoes
 - * Linens for single/twin bed
 - * Casual Clothes & Shoes
 - * Soap/Shampoo, etc.
- * Sweatshirt & rain gear
 - * Pillow, blanket or sleeping bag
 - * Personal Toiletries:
 - * Insect Repellent

ALLERGIC TO BEE STINGS? You **MUST** bring your own EPI-PEN if you are allergic to stings.

CAMP FACILITIES:

All campers will stay in college dorms. Meals are all you can eat and served cafeteria style in the college dining hall.

DORM PHONES:

Due to the busy schedule and limited phones in the dorm lobbies, it will be difficult to reach your child during camp. Please make sure your child knows to contact you, if necessary, and provide your child with a pre-paid phone card or cell phone. Cell phones are acceptable, but can only be used during designated free time. BDRC is not responsible for any loss or damage to cell phones. Emergency calls should be made to the camp office prior to 10 pm and to Nancy Witek at home after 10 pm. Your child forgetting to call home is **NOT** an emergency!

WHEN & WHERE TO REPORT:

Registration is on Sunday of the week that you are attending from 11:00 am to 3:00 pm in Boshamer Gymnasium on the Brevard College campus. The afternoon run on Sunday begins at 2:30 pm at the gym. **You may not arrive before July 5 or stay after July 25.** If you must arrive a day early or stay a day late **between** sessions, there will be a \$50.00 charge per extra night. You must notify us by fax or email 10 days prior if you will arrive prior to the Sunday your week of camp starts or if you will stay over until Sunday after your week ends. You may **NOT** arrive prior to July 5 or stay after July 25. You may stay only one extra night.

CHECK OUT: Saturday by **10:00 AM** of the week you are attending.

Campers must be picked up by 10:00 AM

Key Deposit: A \$25.00 key deposit is charged to each camper and coach at registration and will be returned at check-out only. We will not return deposits by mail.

WHOM TO CONTACT FOR ANSWERS:

Camp Office

(828) 883-2399

Fax

(828) 862-8728

Camp Office is staffed on a part time basis until camp begins. Please leave a message and your call will be returned within 24 hours.

Camp Office is staffed Sunday thru Friday **ONLY** during camp (9 am to 10 pm)

From now until July 5, please call the camp office for general questions or to make changes for pre-registered campers. Messages will be answered within 24 hours Monday – Saturday beginning April 1. Please do **NOT** leave duplicate messages on multiple machines! During camp, emergency calls should be made to the camp office. Your child forgetting to call home is **NOT** an emergency!

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AIR OR BUS TRANSPORTATION:

We will provide transportation from the Asheville Airport and from the Asheville bus stations. Asheville handles most major airlines and connector flights. **Runners arriving by plane or bus must EMAIL the following information to us at least 2 WEEKS prior to arrival. EMAIL: run@brevarddistancerunnerscamp.com.** Phone messages are NOT acceptable. **You must include the Camper's name; date, day and time of arrival; Airline & flight number (or bus line & bus number) and your home & cell phone numbers. ANY CHANGES MUST ALSO BE COMMUNICATED VIA EMAIL.** Wait in the baggage area for a Staff Member in a Brevard Distance Runners Camp T-Shirt. Call 828/507-4273 if you wait more than an hour. **You may not arrive before July 5 or stay after July 25.** If you must arrive a day early or stay a day late between sessions, there will be a \$50.00 charge per extra night. You must notify us in advance by email if you will arrive prior to the Sunday your week of camp starts or if you will stay over until Sunday after your week ends between sessions. You may stay only one extra night.

TENTATIVE DAILY SCHEDULE:

WEEK ONE (Monday-Friday)

6:30 am to 7:30 am	Run/Aerobics/Pilates
7:00 am to 8:30 am	Breakfast
10:00 am to 11:00 am	Speakers/Group Sessions
11:00 am to 1:00 pm	Lunch
Noon to 1:45 pm	Recreation
1:45 pm to 2:30 pm	Learn by Doing
2:30 pm to 5:00 pm	Afternoon Run
5:00 pm to 6:30 pm	Dinner
7:00 pm to 8:30 pm	Speakers/Group Sessions
8:30 pm to 10:00 pm	Free Time
10:30 pm	Lights Out

WEEKS TWO & THREE (Monday-Friday)

6:30 am to 7:30 am	Run/Aerobics/Pilates
7:00 am to 8:30 am	Breakfast
9:00 am to 10:15 am	Morning Block
10:30 am to Noon	Speaker/Group Sessions
11:00 am to 1:00 pm	Lunch
1:00 pm to 2:45 pm	Afternoon Block
3:00 pm to 5:30 pm	Afternoon Run
5:00 pm to 6:30 pm	Dinner
7:00 pm to 8:30 pm	Evening Block
8:30 pm to 10:00 pm	Free Time
10:30 pm	Lights Out

DIRECTIONS TO BREVARD:

- From South:** I-85 North or I-95 North to I-26 West
I-26 West to Exit #40 (Airport Exit). Turn left and follow Hwy. 280 (21 miles to Brevard)*
- From North:** I-77 South, I-85 South or I-95 South to I-40 West
I-40 West to I-26 East
I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*
- From East:** I-40 West to I-26 East
I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*
- From West:** I-40 East to I-26 East
I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*

*Brevard College is on Hwy 64 West, 3 miles from the intersection of Highways 280, 276 and 64.

Have a safe trip. We look forward to seeing you!