

What you have to look forward to



Building Great Friendships



Beautiful Places to Run

Registration and Release Form

I _____ will not hold Rusty McCrea or Kling Ranch liable for any injury that occurs to my child _____ during the Warrior Cross Country Retreat. If any injury occurs to _____ I give Rusty McCrea or another supervising adult at the camp permission to take my child to receive what ever medical care is deemed necessary.

In case of emergency please contact:

Name _____ Phone Number _____

:

Medical Insurance Information

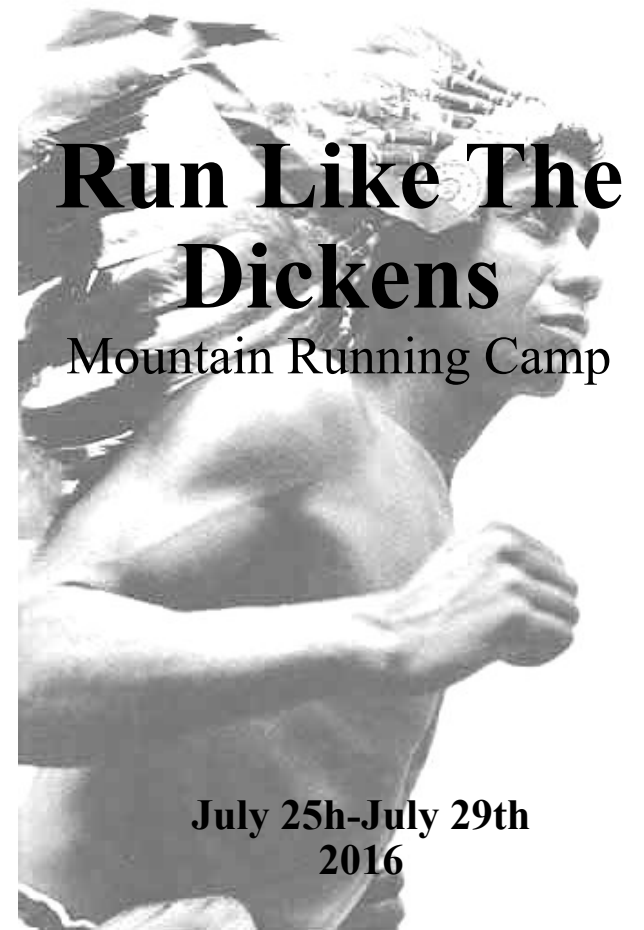
Name of Provider: _____

Insurance #: _____

Please make all checks payable to “**Warrior Summer Retreat**” and send in this registration form to

1028 E. 3rd Street
Meridian ID 83642

Feel free to call Rusty McCrea anytime with any questions you might have regarding the retreat. Run like the Dickens! 208-631-8814



Run Like The Dickens

Mountain Running Camp

July 25h-July 29th
2016

WHY SHOULD I GO?

The Location

The Kling Family Ranch is located on the southern end of Round Valley, about 25 minutes south of Cascade. The location of this property is the perfect place to get away from the monotony and agony of city running and be refreshed for the last weeks of the summer. Girls will stay upstairs and have access to their own bathroom attached to the main room, and boys will sleep downstairs in a large room. With their own bathroom.



What to Bring and Not to Bring

Bring: Sleeping Bag, Toiletries, Running Clothes, Pillow, Towel, Swimsuit, a coat or jacket.

Don't Bring: fireworks, or any other item not accepted at school with the exception of a cell phone.

WHAT DOES IT COST?

120 Dollars

I will always do my best to keep the cost of any retreat down, but make sure that we are able to have a great experience together. This cost will include lodging, food, a camp t-shirt, and of course some great speakers and motivating learning sessions that will help your son or daughter have a great cross country experience. There is nothing as great as summer training in the mountains. If cost is an issue please contact Coach Rusty and we will work things out. Don't let price be the determining factor for your child going to this camp.



**Camp Address:
9899 Spoor Rd
Cascade, ID 83611**

DAILY SCHEDULE

Schedule of Events:

Monday 7/25

2:30-4:00 Check In
4:30-5:00 Run
6:00 Dinner- Campfire Dinner.
7:30 Session 1
9:00-10:00 Team sorting
11:00 Lights Out

Tuesday 7/26

8:00 Morning Run
10:00-12:30 Brunch/Free Time
12:30-2:00 T-Shirt Making/Camp Olympics Games
4:00-5:00 Afternoon River Run
6:00 Dinner
7:30 Session 3
8:30-10:00 Sardines/Smores
11:00 Lights Out

Wednesday 7/27

8:00 Morning Run
10:00-12:30 Brunch/Free Time
1:00-8pm Outing in McCall
8:30-10:00 Sock Wars/Snacks
11:00 Lights Out

Thursday 7/28

7:00 Breakfast
10:00-2:30 Run and Lunch @ Blue Lake...optional swim Afterward.
3:30-5:00 Camp Olympics Games
6:00 Dinner
7:30 Session 6
8:30-10:00 Team Skits/Snacks
11:00 Lights Out

Friday 7/29

8:00 Light Breakfast
9-10:30 Shirt and cheer making time
11:00 Team Relay
12:00 Lunch
1:00-3:00 Clean up
3:00 Go home ready for a great Warrior Cross Country Season! (Everyone gone by 4pm)