



2009 Dover Cross Country Camp July 24th – July 26th

Come join us at the Dover Cross Country Camp weekend in Cedar Run, Lycoming Co. The weekend will be loads of fun with games, running education, swimming, tubing and of coarse **RUNNING, running in the mountains and running on the nearby rail trail.**

Who:

All Cross Country or Track distance runners with one year of either Junior High or Senior High running experience. Parents are encouraged to come too!

Where:

Cedar Run - Lycoming Co. PA.

Cost:

The cost will be split evenly among all who attend. The more that attend the less it will cost. A rough estimate of \$40 or less per person based on 20 persons attending. The cost will include all sleeping accommodations and all food provided at the camp. We will finalize the cost closer to July when we get a better idea of the head count. Visit www.doverxc.com for updates.

Accommodations:

3 bedroom ranch style home which sleeps 12. There is a large area around the house for tents and electrical hookup for campers. The village of Cedar Run is about ½ mile from the camp and has a very nice Bed and Breakfast that may be appealing to some parents. (<http://www.pavisnet.com/cedarruninn/> - 570-353-6240)

RSVP by July 14th, 2009 to Coach Sporer (coachsporer@doverxc.com), Coach Bahn (coachbahn@doverxc.com), or Coach Pfeleger (coachpfeleger@doverxc.com).

Schedule:

- Friday 7/24/2009, meet at Dover HS at 7:30am - Leave Dover HS at 8:00am
- Arrive at Cedar Run 12:00 – 12:30
- Friday, Saturday and Sunday be prepared to run in the morning and evening.
- There will be scheduled running education sessions, games (soccer, ultimate Frisbee, capture the flag...), swimming/tubing, bike riding, campfire and free time.
- Sunday 7/26/2009 we will be leaving Cedar Run in the early/mid afternoon and arriving at the Dover HS in the early evening.

Suggested Items to bring:

3 pair of shoes (running shoes, shoes to get wet and shoes for around camp), wrist watch with stopwatch mode, water bottles, bikes and bike gear, swimming gear, towels, tent, sleeping bags, flash lights, insect repellent, sunscreen, pillow, chair, tube for tubing in pine creek, camera, hotdog sticks, mountain pie makers.