



2012 Dover Cross Country Camp July 27th – July 29th

Come join us at the Dover Cross Country Camp weekend at Pine Grove Furnace State Park. The weekend will be loads of fun with games, fitness seminars, swimming, and RUNNING, running in the mountains, on the Appalachian Trail and running on the nearby rail trail.

Who:

All Cross Country or Track distance runners grades 8th and above. Parents are encouraged to come too!

Where:

Pine Grove Furnace State Park.

Cost:

Free to returning team members, \$35 for all new team members and family.. The cost will include all sleeping accommodations, all food provided at the camp, running clinics, awards and t-shirts. Visit www.doverxc.com for updates.

Accommodations:

We will be tenting in the group camping area. There is also a separate campground for campers. The park is approximately 50 minutes from the square of Dover which would make it convenient to go home in the evening and return in the morning if camping is not your thing.

RSVP by Wednesday July 11th, 2012 to Coach Shaffer (coachshaffer@doverxc.com). Must have all name by this date so that the correct number of t-shirts can be ordered.

Schedule:

- Friday 7/27/2012 meet at Dover HS at 7:30am - Leave Dover HS at 8:00am
- Arrive at Pine Grove Furnace at 9:00
- 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, bike riding, campfire and free time.
- Sunday, we will be leaving in the early/mid afternoon and arriving at the Dover HS in the mid-late afternoon.

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, swimming gear, towels, tent, sleeping bags, flash lights, insect repellent, sunscreen, pillow, chair, camera, hotdog sticks, mountain pie makers and a snack to share.