

COUGAR CROSS COUNTRY

• Running Camp Itinerary •

Humboldt State Long Distance Running Camp
July 23-July 28 – Humboldt State University, Arcata CA

DIRECTIONS TO CAMP: Running camp is located at Humboldt State University, 20 minutes north of Eureka. Take HWY 101 NORTH. Follow HWY 101 NORTH all the way to Arcata. Exit on the Sunset off ramp and follow signs to the Humboldt University campus and the Jolly Giant Commons.

CAMP ADDRESS: Humboldt State University, 1 Harpst Street, Arcata CA 95521 **HSU OPERATOR:** (707) 826-3011

DEPARTURE: We will depart via charter bus from the CHS front parking lot at **6am on Sunday, July 23**. We expect to arrive at HSU and check in by 1pm.

RETURN: Checkout time from HSU is **11am on Friday, July 28**. The charter bus will depart from the Jolly Giant Commons on the HSU campus at 11am. We should arrive back at CHS by 6pm.

THE SIGNED ATHLETE CONTRACT AND A \$20 CASH TRANSPORTATION FEE ARE DUE SUNDAY MORNING BEFORE BOARDING THE CHARTER BUS

THE REMAINING CAMP FEE IS DUE UPON ARRIVAL AT HSU

Please note that all Campolindo athletes received a \$50 discount on the total camp fee of \$650.00. Therefore, for Campolindo athletes, the reduced fee is \$600.00. If you already paid \$600.00, then you are all set and no additional payment is necessary.

If you only paid the \$200 deposit, then you will need to have the remaining \$400.00 ready to hand over upon arrival at camp.

If you overpaid by sending in the \$650.00 amount, then a refund check of \$50 will be processed by the camp and mailed to you.

WHAT TO BRING: The camp will provide 3 meals a day in the HSU dining commons. The camp will provide sheets, a blanket, a pillow, a towel and washcloth. Extra blankets are also available upon request.

YOU MUST BE PRACTICAL!!! DO NOT OVER PACK! BRING ONLY THOSE ITEMS ABSOLUTELY NEEDED!!!

- Be sure to bring **soap** and toothpaste and **toothbrush**.
- Bring **at least 2 pairs of running shoes** (3 pairs recommended!).
- Bring lots of **socks**, running **shorts**, running **shirts**, and a **swimsuit**.
- Bring a **sweatshirt** or **light jacket** and sweat pants/tights for the cool mornings and evenings.
- **BRING TRACK RACING SPIKES!**
- Bring **spending cash** for snacks, extra curriculars, and lunch on the way there and back.

PLEASE: DON'T BRING EVERYTHING YOU OWN!!! THERE WILL BE LIMITED ROOM ON THE BUS! 1 medium sized bag and 1 small backpack per person is the maximum!

QUESTIONS: Chuck Woolridge 285-9389