

The Running School 2008
August 21-27, 2008
"The Team Behind Your Dreams"
Key Information

We do have a few available spots for your teammates; have them email Bart @ therunningschool@aol.com

Sprint Cabin - Any campers that believe they would best benefit from being in one of our sprint cabins please email Bart @ therunningschool@aol.com asap, so we can place you properly.

Camper Check-In and Pick-up - All campers should check in on Thursday August 21st between 1-2:30pm at Camp Chipinaw (directions on the website). Please arrange to pick-up all campers on Wednesday August 27th between 9-10 am. Most campers will zip through the check in line since we have received full payment and medical forms, if campers owe anything this is when they need to hand it in. Also at this time campers will receive a Wharton stretch and strengthening rope (which they will be using all week and hopefully beyond), the camp T-shirt, water bottle, bunk assignment and be directed to shoe sizing.

Bus Transportation - Those campers riding the buses from Long Island are asked to be at the pick-up location; Nassau campers at Broadway Mall and Suffolk campers at Wicks Rd. (Directions on the website) by 8:30 am on Thursday August 21st. The buses will return to the same location on Wednesday August 27th approximately 1 pm, campers will call from the road on the way home to confirm time. Bus lists will be on the website early next week. Yes, as of 8-10-08 we do have seats available; contact Bart at bustocamp@aol.com for information.

FREE Reebok Running Shoes - Each camper will be sized by the Reebok staff on the first day of camp; those shoes will be delivered to the campers on the fourth or fifth day of camp. Additional pairs will be available for purchase during camp at greatly reduced prices.

Varsity Club- All members will receive their sweatshirt and tech top at the first night's evening activity. At that time campers will also verify the mailing address for the DVD highlights of camp, which will be shipped directly home after production, soon after camp. The pizza party with the elite athletes will be Saturday evening with our elite athletes and Zap Fitness coach Pete Rea.

The Running School Store - We will have a camp store open a number of times each day which will be selling running related gear. Available at discounted prices will be running shorts, tech running tops, mesh shorts, running shoes, sandals, hats, socks and so much more. We will be unable to accept credit cards for this year, cash and checks only. (If parents wish you may complete the attach form which authorizes your son or daughter to set up to an account and spend up to a pre-determined amount and you will place a check in the mail after they complete shopping).

Talent Show- We will be having our 37th **Annual Talent Show**. Due to last years length (we were victims of our own success) it will be necessary to limit acts to three minutes. Practice and get excited for another great show.

Coaches Clinic - On Sunday August 24th will be our **Third Annual Coaches Clinic**. Please advise your high school or club coaches that this **FREE** clinic is taking place. We can provide food and / or housing for your coach on their visit. It is a great way to see camp (we will keep them away from you) and maybe they can take something back to get you to the next level.

Canteen- During a number of times during the day, and every evening our canteen will be open. We will be once again be serving our famous milk shakes, snack and fruit smoothies (a new addition this year). Campers will also be able to purchase other Running School gear, including t-shirts, sweatshirts and other items. Also available will be DVD's and books by current and former presenters and guests - those will include; Wharton Stretch and Strengthening Books, the movie "5000 Meters" by Carl Leivers starring Tim Broe; and Running With The Buffalo by Chris Lear. Chris will also be available Monday evening after his presentation to autograph your copy of his classic book detailing the 1998 NCAA Championship season of University of Colorado and Adam Goucher.

Weather - Generally prepare for warmer days and cooler nights. Dress is casual and athletic, even our dances are low key; jeans and sweatshirts are the norm (though some campers love to step from the norm). Attached is a suggested packing list. (Keys are liners; many bring a sleeping bag, pillow, toiletries, sandals, socks and a couple of pair of running shoes.) Please see the attached for more suggestions.

Cell Service - Camp Chipinaw does have pretty good service, though we ask campers to limit calls, so they can detach from the outside world and get as good an experience as possible. Checking in with Mom and Dad is certainly encouraged.

Parents can follow our camp with daily updates on therunningschool.com new picture gallery that should be up and running (pun intended) the week of camp.) as well as flotrack.com and armorytrack.com .