

NE OHIO CROSS COUNTRY CAMP

Dear Runner,

Welcome to the NE Ohio Cross Country Camp. We hope that you are as excited about this summer's camp as we are.

This is your acceptance letter for Week I of camp that runs from July 21st - 26th. Also, important information regarding camp is provided to you in this letter along with information about the necessary forms that you need for the camp. If you have teammates attending camp, please alert them to read their email to receive this important information.

The first and most important of preparations is for you to make certain that you use the time before camp begins to get in distance training. By the week prior to camp, you should be running 5-7 days a week for at least 3-6 miles per day. Speed isn't as important as the distance at this time of year, but do work on increasing your weekly mileage. Coming to camp without the proper base of training will only set you up for disappointment and/or injury. SO RUN !!!

Prior to camp check-in, the following three forms must be completed and mailed to us:

1. Copy of current school physical form signed by doctor
2. Camp rules and precautions form signed by parents
3. Background information form

All of these forms are attached to this email and are also available on the camp web page <http://www.gopherarun.com/camp/>. Please mail all three forms in together and place your registration ID number on the top of the forms.

It is also preferable to mail in the balance of the camp fee prior to camp check-in. The balance of the fee can be determined by subtracting your deposit paid from \$270 (subtract from \$285 for girls staying in the Whitehouse).

These forms and payment should be mailed to my home address of:

Ted Rupe - 2533 Davis Peck Road - Cortland, OH 44410 (This is my home address, not the camp address - do not show up there for camp!)

You are asked to report to the camp for **check-in** between 2:30 and 4:00 PM on Sunday, July 21st. Please try not to arrive before 2:30, as we will be unavailable to assist you until that time. If for some reason you cannot arrive until after 4:00 PM, please contact us in advance to make arrangements for check-in.

The location of the camp is the Joseph Badger Meadows in Burghill, Ohio (directions at bottom of this letter and on the camp website). The address for the camp is 7266 Hayes Orangeville Road, Burghill, OH 44404. When you arrive, follow the drive to the left of the barn and temporarily park at the white building immediately to the left of the barn. Cabin assignments and other information will be given to you there. Also, any papers that need turned in will be collected at that time along with any money owed. You will then be instructed to drive to your cabin and unpack. Checks are to be made out to "Gopher Running". Even if you have mailed in all of your forms and fees, you **MUST** stop to check in at the registration site so that we know you have arrived!

Following is a list of items that you should bring for your stay:

- Running clothes, leisure clothes and some warmer clothes
- Sleeping bag and pillow or sheets, blanket and pillow
- Water Bottle with your name on it - we supply coolers with water and Gatorade but you will need to keep a water bottle with you.
- Swimsuit, shower sandals and towels
- Toiletries and sunscreen
- Flashlight (bring it to every evening meeting!)
- Multiplug outlet - each cabin has only 1-2 outlets
- Spending money for snacks (\$10 - \$20)
- Optional: cards, frisbee, etc.

Camp dismissal will occur between 1:00 PM and 3:00 PM on Friday, July 26th. Parents can arrive any time during this interval to pick up their runners. Upon arrival on that day, parents can go straight to their runner's cabin and load up their gear. Each runner is responsible for informing their staff member when they leave. Special arrangements must be made with the camp directors prior to camp for anyone needing to depart prior to 1:00 PM on Friday. All athletes must be picked up by 3:00 PM.

In case of emergency, I can be reached on my cell at camp at 330-984-2081. This is your final notice before camp, so if you have any questions prior to camp please contact one of us at:

Ted - ted.rupe@gmail.com

Fred - fkieser@yahoo.com

Craig - crupe809@aol.com

Ted Rupe, Fred Kieser, Craig Rupe and Staff

PS - We will be going on a relaxed distance run Sunday afternoon at 4:30 PM and we will eat dinner at 6:30. Plan your Sunday eating schedule accordingly. Also, updates concerning camp, including tentative cabin assignments will be posted on www.gopherarun.com.

Getting To Joseph Badger Meadows:

❖ From the south/southwest (Youngstown, Akron,...):

- Follow Rt. #76 east until it becomes Rt. #80 (do not follow the Pennsylvania Turnpike), take Rt. #80 east to Rt. #11 north, follow Rt. #11 north for about 10 miles to the Rt. #305 exit.
- Take Rt. #305 east for about 8 miles into Hartford (Rt. #7).
- Take Rt. #7 north for just over 2 miles then turn right on Hayes-Orangeville Road. The camp will be just over $\frac{1}{2}$ mile on the right.

❖ From the north, northeast, and northwest (Ashtabula, Chardon,...):

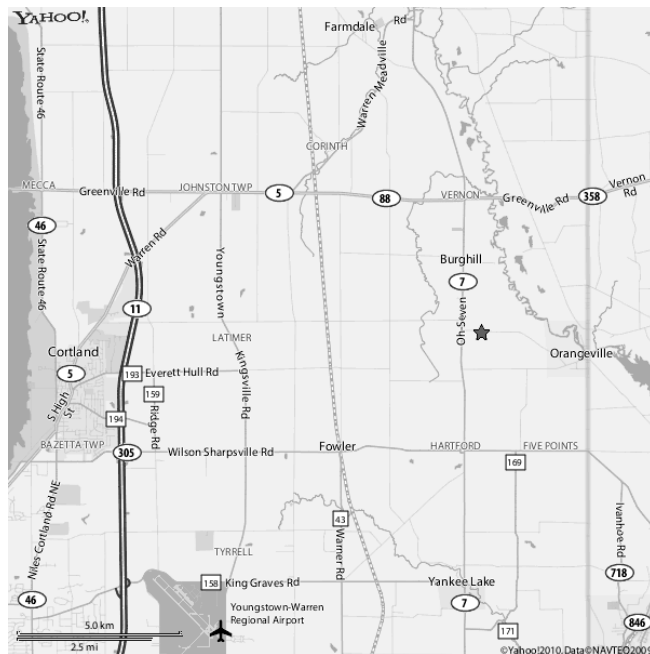
- Get to Rt. #11 south, which you follow to Rt. #305 east.
- Proceed about 8 miles east on 305 into Hartford, where you take Rt. #7 north.
- Take Rt. #7 north for just over 2 miles then turn right on Hayes Orangeville Road. The camp will be just over $\frac{1}{2}$ mile on your right.

❖ From the west (Bristol, Mecca,...):

- Take Rt. #88 east to Rt. #7
- Follow Rt. #7 south for just over 2 miles then turn left on Hayes Orangeville Road. The camp will be over $\frac{1}{2}$ mile on your right.

❖ From farther west (Aurora, Cleveland, Solon, ...):

Take Rt. #480 east then split #422 east (which you will follow through towns), to Parkman, where you intersect 528 / 88. Turn left and follow these for about 1 mile, where Rt. #528 continues north and Rt. #88 turns east. Take Rt. #88 east for about 25 miles to Turn right (south) on Rt. #7 for just 2 miles to Hayes Orangeville Road. Turn Hayes Orangeville Road, the camp will be just over $\frac{1}{2}$ mile on your right.



south.
2 miles,
just

onto Rt.
many
Rt. #
roads

(right).
Rt. #7.
over 2
left on

Or plug this address into your GPS:

Joseph Badger Meadows
7266 Hayes Orangeville Rd NE
Burghill, OH 44404

(This is the camp address - do not send forms or payment here)