

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 18th - 23rd. 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 !!!

By July 1st we must have the following three forms completed as well as payment of the balance of the camp fee. Please place your camp ID# on all forms and checks.

1. Copy of current school physical form signed by doctor - must be mailed to us at NEO Camp - 2533 Davis Peck Road - Cortland, OH 44410 (or scanned and emailed to me at ted.rupe@gmail.com)
2. Camp rules and precautions form submitted online at this [Camp Rules and Safety Link](#) - This form must be read and approved by parents, also.
3. Background information form submitted online at this [Background Information Link](#)
4. We also ask for you to pay the balance of the camp fee by July 1st so that registration at camp will flow faster. The balance of the fee can be either paid online here - [Camp Online Payment Link](#) (link also on camp web page) or mailed in to my home address following. The balance of fee can be determined by subtracting your deposit paid from the camp fee of \$325. For online payments, the fee is your deposit subtracted from \$335 to cover the fee that we are charged for a secure online transaction.

Please include your Camp ID# on all forms and checks. If you have forgotten your camp ID#, it can be found at this link - [Camp Roster Link](#). The physical form and payment should be mailed to my home address of: **NEO XC Camp - 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 2:00 and 4:00 PM on Sunday, July 18th. Please try not to arrive before 2:00, 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 Templd Hills Camp, 5734 Durbin Road, Bellville, Ohio 44813 (please do not send mailings to this... use my home address above). When you arrive, park in the first parking area to the right at the end of the long driveway, across from the picnic shelter. Carpooling is encouraged as there will be more cars than parking spaces at camp. Cabin assignments and other information will be given to you there. You will then be instructed to drive to your cabin and unpack. 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, running shoes, 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.
- Bottled water if you think you may not like the camp water
- Swimsuit, shower sandals and several towels
- Toiletries and sunscreen
- Flashlight (bring it to every evening meeting, it is dark when we leave!)
- Multiplug outlet/extension cord - each cabin has only 1-2 outlets
- Bug spray
- Optional: fan, cards, frisbee, etc.

Camp dismissal will occur between 11:00 PM and 1:00 PM on Friday, July 23rd. 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. All athletes must be picked up by 1:00 PM.

In case of emergency, I can be reached on my cell at camp at 330-984-2081.

Ted - ted.rupe@gmail.com

Craig - craig.rupe@gmail.com

Eric - eric.e.rupe@gmail.com

Ted Rupe, Craig Rupe, Eric Rupe and Staff

PS - After camp check-in, we will be going on a relaxed distance run Sunday afternoon at 4:30 PM. 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. Check your email frequently!