2016 CROSS COUNTRY CAMP
Lost River, West Virginia

What: Chantilly Chargers Cross Country Camp

Where: Lost River Retreat Center, Lost River, West Virginia

When: Monday, August 22nd - Thursday, August 25th

Who: While camp cannot be a requirement for participation on the team, it is expected that EVERYONE attends.

Why: This camp is used for a number of purposes. Certainly, there is a physical benefit by running challenging routes in the West Virginia mountains. Secondly, and perhaps more importantly, this is an opportunity to do some serious team bonding. The schedule includes a fair amount of both group activities, and free time for fun on the lodge property.

The Lost River Retreat Center is owned and run by the Vienna Baptist Church. When we attend, we are the only one's present. Please refer to the sample itinerary (which may be subject to change) for an idea of the schedule.

COST: $300.00- This covers 8 meals and lodging, plus the cost of a charter bus, and a camp t-shirt for all members attending. It is requested that you submit your reservation early, although if there are financial issues involved, arranges may be made for payment later, or in installments over the summer.

Please turn in your check, made out to CHS Cross Country, along with your signed permission form, and luggage-search form to Dr. G, preferably by June 17th. If there is a financial reason to wait for payment, please contact me.

CONTACT INFO:

LOST RIVER RETREAT CENTER
304-897-5935
2015 MILL GAP RD
LOST CITY, WV 26810

Driving Directions

From the North and East:

- Take I-66 west to I-81 South.
- Use exit 296 (Strasburg) and exit onto route 55 West.
- Follow route 55 West to Wardensville, West Virginia, **which is a speed trap!**
- In Wardensville, turn left onto route 259 South and 55 West combined.
- Continue to Baker and turn left onto 259 South.
- Continue about 8 miles to Lost River and turn left on Mill Gap / Thorn Bottom Road.

2016 Cross Country Camp Info Sheet

Monday, August 22nd

11:15 am- Meet at CHS to load buses. Eat lunch before trip, or during.
12:00 pm- Depart CHS
2:30 pm- Arrival at Lost River Lodge, settle in rooms.
3:00 pm- Afternoon run.
Free Time
6:00 pm- Dinner
7:30 pm- Ice Cream Social & Icebreaker Activity
Free Time
11:00 pm- Runner's should be in their rooms.
11:30 pm- Lights Out

Tuesday, August 23rd

6:00 am- Wake up Knock on door.
6:30 am- Morning run.
8:30 am- Breakfast.
10:00 am- Meeting led by the Coaches. (Goal Setting Session, Surveys)
Free Time & Ping Pong Tournament Begins.
12:00 noon- Lunch
Free Time
3:30 pm- Afternoon run.
Free Time
6:30 Dinner
8:00 pm- Watch *McFarlane USA.*
11:00 pm- Runners in their rooms.
11:30 pm- Lights Out

Wednesday, August 24th

6:00 am- Wake up Knock on door.
6:30 am- Morning run.
8:30 am- Breakfast.
10:00 am- Meeting w/Coaches (Meet Prep, Mental Preparation- Groups)
12:00 noon- Lunch
Free Time
3:30 pm- Afternoon run.
Free Time
6:30 Dinner
8:00 pm- Team Game Nite!!!
10:00 pm- Bonfire
11:30 pm- Runners in their rooms.
12:00 midnight- Lights Out

Thursday, August 25th

6:00 am- Wake up Knock
6:30 am- Morning Run, The Easy 10 miler!!! You are not required to run the entire way, but are encouraged to finish. There will be turn around points every half mile, between 2.5-5 miles.
9:30 am- Breakfast.
10:00 am- Pack & Clean Up.;Depart for CHS
1:00 pm- Approximate arrival to CHS

Need to Bring

- - Sleeping Bag or sheets & pillows
- - 2 pairs of training shoes
- - Casual shoes
- - Clothes for six workouts
- - Casual clothes for four days
- - Insect repellant (very important)
- - Toiletries: toothbrush, toothpaste, deodorant, etc.
- - Telephone Calling Card (there is virtually no cell phone reception)
- - Water bottle with your name on it (VERY IMPORTANT)
- - Books to read, notebook, writing utensils
- - Snacks- must be stored in airtight containers
- - Towels
- - Sun block
- - Custom designed ping pong paddle, if desired
- - Hat
- - Deck of cards or board games of choice.
- - Any assorted gifts you may wish to provide your wonderful coaches
- Any medications you may need must be turned in to the coaches, accompanied by parental instructions prior to departure. It is especially important that we have an extra epi-pen and/or inhaler with us at all times, for those who need them.

- Please note that there will be no water activities at the center (ie: swimming, boating, etc.)

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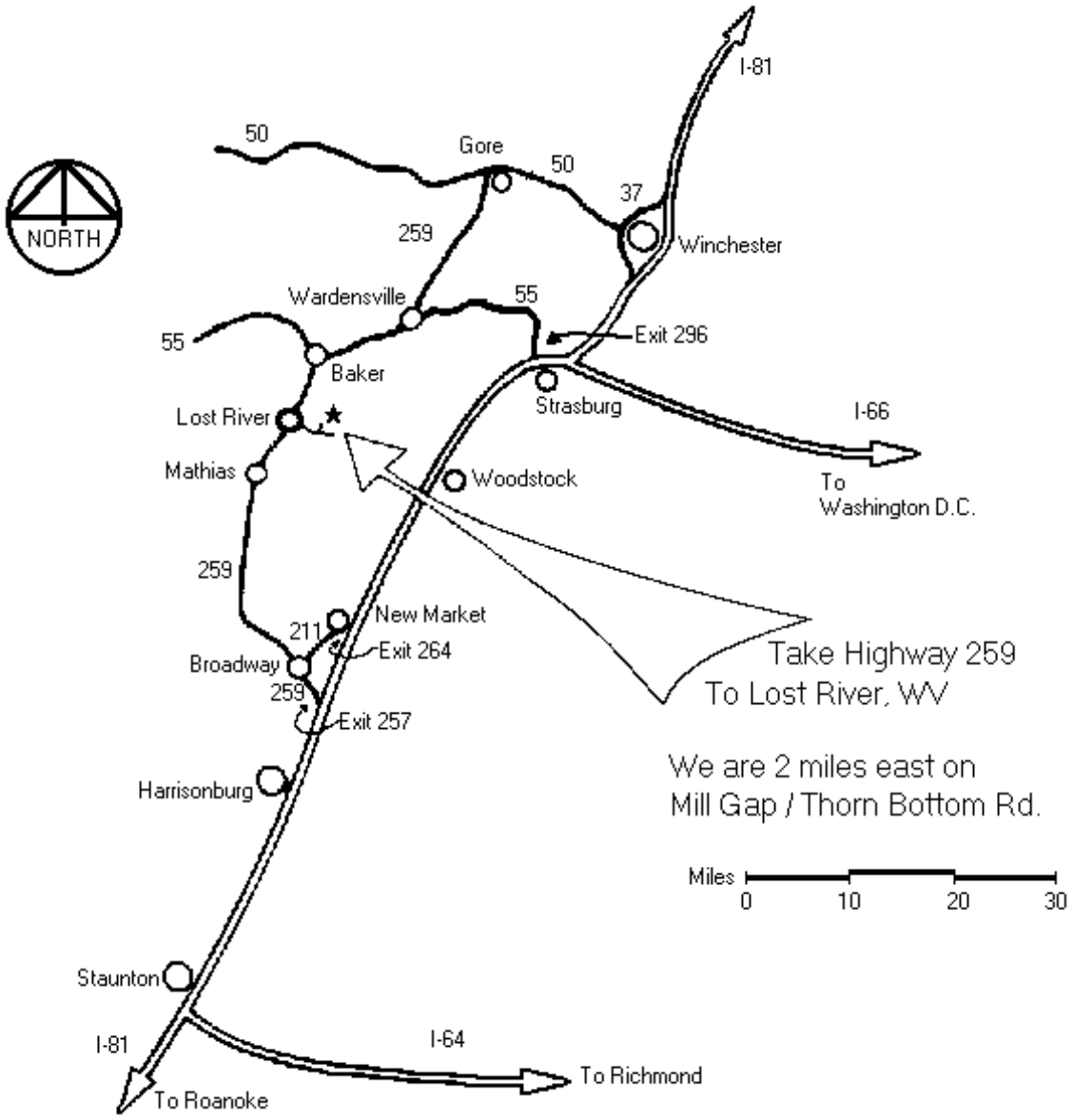
2015 MILL GAP RD
LOST CITY, WV 26810

Coach Gilchrist's Cell: 703-861-9642- Please note that I will not have cell reception in Lost River, however I will check my email regularly. If there is an emergency situation, please call the direct number listed above.



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- LRRC is another two miles on the left.