

COUGAR CROSS COUNTRY

• Running Camp Itinerary •

Humboldt State Long Distance Running Camp

July 25-July 30

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: Check-in time is **1pm** on Sunday. We will depart from the CHS parking lot at **6am**. This will allow us plenty of time to stop for a run on the NCS Championship course in Ukiah & eat lunch (brunch) along the way.

RETURN: Check-out time is **11am** on Friday. Parent drivers should arrive at the Jolly Giant Commons on the HSU campus PRIOR to 11am. We should be back at CHS by 7pm.

HAVE \$40 CASH SUNDAY MORNING FOR FUEL COST
PAYMENT OF \$317.50 IS DUE UPON ARRIVAL AT CAMP!!!

WHO IS DRIVING: WE NEED VOLUNTEERS!!!!

DROPPING OFF SUNDAY 7-25-10

Chuck Woolridge (4 athletes)
Lynn Ransone-Fong (5 athletes)
Suzanne Peterson (5 athletes)
Hamid Mostaghimi (4 athletes)
Chuck Miller (4 athletes)
Ken Cucarola (4 athletes)
Deborah Osteen (4 athletes)
Tom Garcia (4 athletes)
Edwin Oto (5 athletes)

Total needed: 39

PICKING UP FRIDAY 7-30-10

Chuck Woolridge (4 athletes)
John Sun (4 athletes)
Jake Donohoe (4 athletes)
Vicki Cucarola (4 athletes)
Bill Gelston (4 athletes)
Garret Sanderson (6 athletes)
Meredith Montgomery (4 athletes)
Mrs. Nocera (4 athletes)
Kathie Brodowy (5 athletes)

Total needed: 38

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

The camp provides bedding and pillows. Be sure to bring a **towel**, **soap**, **toothbrush**, etc. for hygiene purposes. As for clothing, you absolutely need at least 2 pairs of running shoes, lots of **socks**, running **shorts**, **shirts**, and a **swimsuit**. The weather is moderate, usually around 65 degrees. Bring a **sweatshirt** or **light jacket** for the cool mornings and evenings. **ALSO BRING YOUR TEAM SWEATS and TEAM SHIRT!!!** IF YOU PLAN TO PRACTICE STEEPLCHASE, BRING YOUR SPIKES! You will be provided with 3 meals a day! Bring some **spending cash** for snacks, extra curricular stuff, and lunch on the way there and back. PLEASE: DON'T BRING EVERYTHING YOU OWN!!! THERE WILL BE LIMITED ROOM IN THE CARS! 1 medium sized bag per person is the maximum!

QUESTIONS: Chuck Woolridge 285-9389