



WHEN:

DROP OFF AT DRAPER PARK

6:30am – Monday, July 31st

- Athletes should meet at 6:30am at Draper Park on Monday ready to load their gear into the vehicles (vehicles are driven by coaches).

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RETURN TO DRAPER PARK

11:00am – Wednesday, August 2nd

- Athletes will be dropped off around 11:00am at Draper Park on Wednesday

LOCATION:

RUNS & ACTIVITIES

Provo Canyon, Park City, Midway

NIGHTTIME

Cabin in Oakley, Utah (8459 Bear Mountain Rd, Kamas, UT)

COST:

No Cost

Athletes will be assigned to bringing one of the following for the full group (24):

ASSIGNMENTS:

- 24+ pack Gatorade:

Time Trial finishers - 1st, 2nd,

- Large Box of Granola Bars

Time Trial finishers - 3rd, 4th

- 3 Gallons of Chocolate Milk:

Time Trial finishers – 5th

- 3 Bags of Oranges:

Time Trial finisher – 6th (girls)

- 3 Bags of Apples:

Time Trial finisher – 6th (boys)

- Large Box of Fruit Snacks:

Time Trial finishers – 7th, 8th

SLEEPING ARRANGEMENT:

We will be spending the night at a large cabin in Oakley, UT.

The cabin provides beds and/or pads for all of the athletes staying there.

- Top Floor – Girls (10 beds, 1 sleeping pad)
- Main Floor – Coaches
- Basement Floor – Boys (5 beds, 6 sleeping pads)

WHAT TO BRING:

Note 1: Beds and sleeping pads are available at the cabin but in order to save time having to wash the bedding we ask that athletes bring a thin sleeping bag and pillow case to use on top of the beds or pads.

Note 2: There are bathrooms and showers on each floor, we ask athletes to bring their own soap, shampoo and towel to use.

- Thin Sleeping Bag
- Pillow case
- Travel size soap & shampoo
- Towel
- Any General Toiletries
- Running Shoes
- 3 sets of Running Clothes (one for each day)
- Swimsuit
- A set of everyday clothes to wear in between runs
- A clean pair of clothes to sleep in

MEAL ARRANGMENTS:

All meals will be provided. A full list of meals/ingredients is listed in the general itinerary.

Athletes will be assigned two meals to help prepare and clean up.

HELP THE COACHES WITH PREPARTION AND CLEAN UP OF MEALS

Monday Lunch: Boys

Monday Dinner: Boys

Tuesday Breakfast: Boys

Tuesday Lunch: Girls

Tuesday Dinner: Girls

Wednesday Breakfast: Girls

GENERAL ITINERARY

MONDAY — JULY 31ST:

Morning

- 6:30am – Meet at Draper Park, load gear into vehicles
- 7:30am – Long run/Tempo run on the Provo River Trail
(Out and back starting at Timpanogos Park, 9-13 mile run with Tempo)
- 9:00am-9:30am – Breakfast at Timpanogos Park
 - **Bagels & Cream Cheese**
 - **Bananas, Apples, Oranges**
 - **Chocolate Milk, Water**
- 9:30am – Ice bath in the Provo River
- 10:30am – Head to Park City park
- 11:30am – Intro Team Talk
- 11:45am – Team Competitions/Games

Afternoon

- 12:30pm – Lunch at Park City park
 - **Hoagie Sandwiches**
Optional add ins: Mayo, Mustard, Cheese, Various Meats
Romaine Lettuce, Tomatoes, Cucumbers
 - **Additional Toppings: Peanut Butter, Jelly, Honey**
 - **Gatorade, Water**
- 1:00pm – Cont. Team Competitions/Games
- 3:00pm – Head to Oakley Cabin
- 4:00pm – Unpack, Shower, free time

Evening

- 6:00pm – Dinner at the cabin
 - **Bowtie Teriyaki Salad – Spinach, Bowtie pasta, Craisins, Teriyaki Sauce**
Optional add ins: Chicken, peanuts, sunflower seeds
 - **Lemonade, Water**
- 7:00pm – Team Games/Free time
- 9:00pm – Prepare for bed
- 9:30pm – Bedtime

TUESDAY — AUGUST 1ST:

Morning

- 6:30am – Breakfast at the Cabin
 - **Oatmeal**
 - **Optional Add ins: Soymilk, Sliced Almonds, Bananas**
Chocolate Chips, Cinnamon, Maple Syrup, Brown Sugar
 - **Apple Juice, Water**

7:15am – Cleanup and grab gear for the day
7:30am – Leave for Midway
8:30am – Morning Run on Deer Creek Trail (5-7miles at recovery pace)
9:45am – Post-run snacks/breakfast at Valais park
- **Extra Bagels, Fruit, Gatorade, Water**

10:00am – Team/Individual Games
11:30am - Lunch at Valais park
- **Taco Soup & Tortilla Chips**
- **Add ins: Diced Tomatoes, Corn, Kidney Beans, Black Beans, Taco Seasoning**
Optional Add in: Cheese
- **Juice, Water**

Afternoon

12:00-1:30pm – Team Breakout Sessions (Valais Clubhouse), rotate as groups
2:00pm – Cont. Team/Individual Games
3:30pm – Head to Oakley Cabin

Evening

4:30pm – Evening Run
(run to Morehouse Lake, 3-4 miles at recovery pace)
5:45pm – shower
6:15pm – Dinner at the cabin, then freetime
- **Spaghetti and Salad (Ranch/Ceasar)**
- **Optional Add ins: Tomato Pasta sauce, Meatballs, Cheese**
- **Limeade, Water**
9:00pm – Prepare for bed
9:30pm – Bedtime

WEDNESDAY – AUGUST 2ND:

6:30am – Breakfast at the Cabin
- **Oatmeal**
- **Optional Add ins: Soymilk, Sliced Almonds, Bananas**
Chocolate Chips, Cinnamon, Maple Syrup, Brown Sugar
- **Apple Juice, Water**
7:00am – Cleanup and packup
7:15-7:30am – Leave Cabin
8:15am – Morning run (5-7miles at recovery pace)

9:30am – Post run snack, then head home
10:30am-11:00am – Return to Draper Park