



LOCATION:

RUNS & ACTIVITIES – *Provo Canyon, Park City, Midway*

NIGHTTIME – **Oakley Cabin** (address that can be found on GoogleMaps is 8459 Bear Mountain Rd, Kamas, UT)

WHEN:

6:30am – **Monday, August 2nd to 11:00am** – **Wednesday, August 4th**

- Athletes should meet at 6:30am at Draper Park on Monday ready to load their gear into the vehicles (all vehicles will be driven by coaches).
- Athletes will be dropped off around 11:00am at Draper Park on Wednesday

COST:

No Cost, but athletes will be assigned to bringing one of the following for the full group (25):

ASSIGNMENTS: (Based on rank from Time Trial)

- **24+ pack Gatorade:** Boys & Girls # 1,2
- **40+ pack Bottled Water:** Boys & Girls # 3,4
- **3 Gallons of Chocolate Milk:** Boy # 5
- **3 Orange Juice:** Girl # 5
- **3 Apple Juice:** Boy # 6
- **30 Bananas:** Girl # 6
- **3 Bags of Oranges:** Boy # 7
- **3 Bags of Apples:** Girl # 7
- **24+ Box of Granola Bars:** Boys & Girls # 8,9
- **24+ Box of Fruit Snacks:** Boy & Girl # 10
- **3 Lemonade/Fruit Juice:** Boy & Girls # 11

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, 2 sleeping pads, 2 couches)
- Main Floor – Coaches
- Basement Floor – Boys (5 beds, 5 sleeping pads, 2 couches)

WHAT TO BRING:

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

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

- Sleeping Bag
- Pillow case
- Travel size soap & shampoo
- Towel
- Any General Toiletries
- Running Shoes
- 3 sets of Running Clothes (one for each day)
- 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.

ASSIGNMENTS: (Based on rank from Time Trial)

HELP THE COACHES WITH PREPARTION AND CLEAN UP OF MEALS

Monday Lunch: Boys # 1-5

Monday Dinner: Boys # 6-10

Tuesday Breakfast: All Boys

Tuesday Lunch: Girls # 1-5

Tuesday Dinner: Girls # 6-10

Wednesday Breakfast: All Girls

GENERAL ITINERARY

MONDAY – AUGUST 2ND:

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, 10-13 mile run with Tempo)
9:00am – Breakfast at Timpanogos Park
- **Muffins**
- **Bananas, Apples, Oranges**
- **Chocolate Milk, Orange Juice, Gatorade, Water**
9:10am – Ice bath in the Provo River
10:00am – Head to Park City park

10:45am – Team Talk
11:15am – 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**
- **Apple Juice, 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, Apple Juice, Water**
7:00pm – Team Games/Free time
9:00pm – Prepare for bed
9:30pm – Bedtime

TUESDAY – AUGUST 4TH:

Morning

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

7:00am – Cleanup and grab gear for the day
7:15am – Leave for Midway
8:00am – Morning Run on Deer Creek Trail (6-7miles at recovery pace)
9:15am – Post-run snacks/breakfast at Valais park
- **Extra Muffins, Fruit, Gatorade, Water**

9:30am – 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
- **Additional Option: Bread, Peanut Butter, Jelly**
- **Apple Juice, Gatorade, 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, then freetime

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 steamed vegetables (Broccoli, Cauliflower, Carrots)**
- **Optional Add ins: Tomato & Basil Pasta sauce, Meatballs, Cheese**
- **Lemonade, Apple Juice, Water**
9:00pm – Prepare for bed
9:30pm – Bedtime

WEDNESDAY – AUGUST 5TH

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

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