



2026 TRAILHEADS XC CAMP SCHEDULE

MONDAY AUGUST 10th

(1pm-2pm): CAMP ARRIVAL/CHECK-IN (Main Entrance) STAY IN YOUR VEHICLE UNTIL DIRECTED

HS GIRLS = Laurel Ridge Unit

HS BOYS = Delaware Unit

ALL CAMPERS AND STAFF MUST CHECK-IN w/ COACH ROBINSON OR TRAILHEADS XC STAFF

(3:00pm) CAMP WELCOME MEETING: Sean Robinson/Camp Director & Staff (CAMP CHAPEL)

*** (Come to the Meeting Prepared to Run)***

(3:45pm) AFTERNOON TRAINING WARM-UP: Laurel Ridge Main Field

(4:00pm) TRAILHEADS XCRC 5K COURSE RUN/WALK-THRU

(5:00pm) POST RUN PT & STRENGTH WORK @ Laurel Ridge Main Field

(6:00pm) DINNER/DINING HALL (D1) DH ORIENTATION (12 Tables)

(7:00pm) LAUREL RIDGE MAIN FIELD: CABIN OLYMPICS EVENT #1 (CABIN TUG OF WAR)

(8:30pm) GO TO CABINS FOR ATTENDANCE w/ CAMP COUNSELOR
CAMP GAMES, TEAM BONDING, RELAX,

(10:00pm) EVERYONE IN CABINS (CABIN ATTENDANCE TAKEN BY CAMP COUNSELORS)

(11:00pm) LIGHTS OUT



TUESDAY AUGUST 11th

(7:30AM): WAKE UP

(8:00AM): BREAKFAST/DINING HALL (D1)

(9:00AM): RETURN TO CABIN AREA

**(10:00AM): DYNAMIC WARM-UP (Meet Laurel Ridge Main Field),
SNEAKER FACTORY & HOKA DEMO DAY**

(10:15AM): MORNING RUN (ON-CAMPUS) w/ STRIDES - POST RUN STRETCH

(11:15AM): POST RUN PT & STRENGTH WORK (Laurel Ridge Main Field)

(12:00PM): LUNCH/DINING HALL (D1)

**(1:00PM): YMCA WATER SPORTS (MEET @ BEAVER FLAGPOLE) GROUPS WILL BE SPLIT INTO
THE FOLLOWING ACTIVITIES: MOUNTAIN SLIDE, PADDLEBOARDS, CORCLES**

(2:15PM): MEET @ CAMP OFFICE AREA w/ CAMP COUNSELORS

**Bus Trip to Kohlbocker Road Parking Lot (Near Intersection of West End Drive to access
Paulinskill Valley Trail for High School XC Running Camp LONG RUN/TEMPO OPTION**

Bus Departure: 2:30PM

<https://maps.app.goo.gl/2GFsSB3GVspF3p5y5>

Bus Departure from Kohlbocker Road Lot: 5:00PM

Bus Arrival Time Back to Fairview Lake YMCA Camp: 5:00PM

(5:00PM) SNEAKER FACTORY & HOKA POP UP STORE @ MAIN FIELD PAVILLION

(6:00pm) DINNER/DINING HALL (D1)

(7:00pm) CAMP CHAPEL SPEAKER: DON NICTER (THE JOURNEY)

**[https://www.dickinson.edu/news/article/6437/don_nichter_longtime_coach_of_dickinson_distance
_programs_to_retire](https://www.dickinson.edu/news/article/6437/don_nichter_longtime_coach_of_dickinson_distance_programs_to_retire)**

(8:00pm) KITTATINNY LODGE CABIN OLYMPICS EVENT #2 (TABLE TENNIS) & #3 (CORNHOLE)

(10:00pm) EVERYONE IN CABINS (CABIN ATTENDANCE TAKEN BY CAMP COUNSELORS)

(11:00pm) LIGHTS OUT



WEDNESDAY AUGUST 12th

(7:30AM): WAKE UP

(8:00AM): BREAKFAST/DINING HALL (D1)

(9:00AM): RETURN TO LAUREL RIDGE CABIN AREA

(10:00AM): DYNAMIC WARM-UP (Meet Laurel Ridge Main Field) SNEAKER FACTORY POP-UP STORE

(10:15AM): MORNING RUN (ON-CAMPUS) w/ STRIDES & FLYS & POST RUN STRETCH

(11:15AM): POST RUN PT & STRENGTH WORK

(12:00PM): LUNCH/DINING HALL (D1)

(1:00PM): YMCA WATER SPORTS (MEET @ BEAVER FLAGPOLE) GROUPS WILL BE SPLIT INTO THE FOLLOWING ACTIVITIES: MOUNTAIN SLIDE, PADDLEBOARDS, CORCLES

**(2:00PM): Laurel Ridge Main Field CABIN OLYMPICS EVENT #4 BADMINTON DOUBLE
4 COURTS SET-UP IN LAUREL RIDGE FIELD**

(3:00 pm) AFTERNOON TRAINING WARM-UP:

(3:15pm) CRATER LAKE TRAIL RUN/FIDDLERS ELBOW (OUT & BACK) TEMPO WORKOUT

(5:15pm) CHECK-IN w/ CAMP COUNSELOR BACK AT RESIDENTIAL UNIT

(6:00pm) DINNER/DINING HALL (D1)

(7:00pm) KITTATINNY LODGE SPEAKER: ALEX CARLSON (ADIDAS PROFESSIONAL)

<https://worldathletics.org/athletes/united-states/alexandra-carlson-15011242>

(8:00pm) DELAWARE UNIT PAVILLION CABIN OLYMPICS EVENT #4 (CABIN KARAOKE)

(10:00pm) EVERYONE IN CABINS (CABIN ATTENDANCE TAKEN BY CAMP COUNSELORS)

(11:00pm) LIGHTS OUT



THURSDAY AUGUST 13th

(7:30AM): WAKE UP

(8:00AM): BREAKFAST/DINING HALL (D1)

(9:00AM): RETURN TO CABIN AREA

(10:00AM): DYNAMIC WARM-UP (Meet Laurel Ridge Main Field)

(10:15AM): MORNING RUN (ON-CAMPUS) w/ STRIDES & FLYS & POST RUN STRETCH

(11:00AM) CABIN OLYMPICS SCAVERGER HUNT w/ COACH WHITSON-DREW UNIVERSITY

(12:00PM): LUNCH/DINING HALL (D1)

(1:00PM): YMCA WATER SPORTS (MEET @ BEAVER FLAGPOLE) GROUPS WILL BE SPLIT INTO THE FOLLOWING ACTIVITIES: MOUNTAIN SLIDE, PADDLEBOARDS, CORCLES

(2:15PM): MEET @ CAMP OFFICE AREA w/ CAMP COUNSELORS

Bus Trip to Kohlbocker Road Parking Lot (Near Intersection of West End Drive to access Paulinskill Valley Trail for High School XC Running Camp LONG RUN OPTION (OUT & BACK))

Bus Departure: 2:30PM

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Bus Departure from Kohlbocker Road Lot: 5:00PM

Bus Arrival Time Back to Fairview Lake YMCA Camp: 5:15PM

(6:00 pm) DINNER/DINING HALL (D1)

(7:00pm) KITTATINNY LODGE SPEAKER: HUNTER & MARTIN BRANS-TRIATHLETES

(8:00pm) KITTATINNY LODGE CABIN OLYMPICS MEDAL COUNT/FINAL TEAM POINTS CEREMONY

(9:00PM) PIZZA PARTY DELIVERED TO WINNING GIRLS CABIN & BOYS CABIN

(10:00pm) EVERYONE IN CABINS (CABIN ATTENDANCE TAKEN BY CAMP COUNSELORS)

(11:00pm) LIGHTS OUT



FRIDAY AUGUST 14th

(7:30AM): WAKE-UP

(8:00AM): BREAKFAST/DINING HALL (D1)

(9:00AM): PICK UP RACING BIB ASSIGNMENTS DIRECTLY AFTER BREAKFAST @ DINING HALL

(10:00AM): TRAILHEADS XCRC 5K CAMP RACE (HOLMDEL SIM COURSE)

**(11:00AM): CAMP AWARDS PRESENTATION @ MAIN FIELD HAY WAGON
TOP 20 EACH GENDER EARN A TRAILHEADS XC RUNNING CAMP TRUCKER HAT
TOP 10 EACH GENDER MAKE THE WAGON**

(11:00AM-1:00PM): CAMP CHECK-OUT & PICK-UP BEGINS

