

2024 Gaar Mountain Running Camp

Camp Arrival/Departure Instructions and Information

Before Arriving at Camp:

- Complete Camp registration form either through registration on RunSignUp or the provided Google Form.
- Pay balance on camp registration fee, if applicable, before July 14.
- Mail or E-Mail the health form and copies of your health insurance card before July 14.
- Check the suggested packing list for necessary items.
- Bring cash for store snacks and drinks (not required, \$20-\$30 recommended).

Camp Arrival, Sunday August 4th:

- Plan to arrive at camp between 1:00pm and 3:00pm - 1344 Beamers Head Rd., Madison VA 22727.
- Staff will direct you where to stop and unload. Campers who drive themselves will park and unload in a separate parking area and will give their keys to senior staff.
- Please stay in the car and staff will come to you. Staff will help load campers "stuff" into the trucks and take them to the cabin.
- Drop off any medications to medical staff.
- Deposit cash in the Camp Store for the week.
- Parents say goodbye and head out - **we ask that parents do not stay and hang out so we can keep the flow of drop off efficient.**

Camp Departure, Saturday August 10th:

- Please arrive between **8:30am-10:00am, no later!**
- Follow staff directions to park - load and go.
- Make sure you have all items before you leave - clothes, shoes, medications, other personal items.
- Settle store account for balance.
- Drive home safely!!