



## 2024 THXCRC SCHEDULE

### MONDAY AUGUST 12th

(1pm-2pm): CAMP ARRIVAL/CHECK-IN (By Main Camp Office/Main Entrance/Triangle Area)

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

(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

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

(7:00pm) FRONT FIELD AREA: CABIN OLYMPICS EVENT #1 (CABIN TUG OF WAR) COMPETITION BEGINS

(8:30pm) CAMP GAMES, TEAM BONDING, RELAX

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

(11:00pm) LIGHTS OUT



# **TrailHeads**



## **Running Camps**

### **TUESDAY 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), NB POP-UP STORE**

**(10:15AM): MORNING RUN (ON-CAMPUS) w/ STRIDES - 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): NEW BALANCE RUNNING DAY (Meet Laurel Ridge Main Field) SHOW DEMOS  
NEW BALANCE/MATTHEW FARRELL Technical Field Rep | Trackster Team**

**(3:00 pm) AFTERNOON TRAINING WARM-UP: Laurel Ridge Main Field**

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

**(5:15pm) POST RUN DRILLS & HURDLE MOBILITIES & FORM DRILLS**

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

**(7:00pm) CAMP CHAPEL SPEAKER: JUSTINA CASSAVELL / RAMAPO COLLEGE- Coordinator of Cross Country/Track and Field**

**(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**



# **TrailHeads**



## **Running Camps**

### **WEDNESDAY AUGUST 14th**

**(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)**

**(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) BLAIR CREEK PRESERVE WHITE TRAIL RUN**

**(5:15pm) POST RUN DRILLS & HURDLE MOBILITIES & FORM DRILLS**

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

**(7:00pm) CAMP CHAPEL SPEAKER: MATT HEMMER / Monroe-Woodbury Central School District  
Boys XC/TF Head Coach**

**(8:00pm) KITTATINNY LODGE CABIN OLYMPICS EVENT #4 (CABIN KARAOKE)**

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

**(11:00pm) LIGHTS OUT**





## **THURSDAY AUGUST 15th**

**(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): SNEAKER FACTORY-sales on Thursday/Friday and will be doing 20% off retail as camp only pricing. We will have a variety of trainers, spikes, and goodr sunglasses available. CC, cash, and Apple Pay accepted.**

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

**(1:45PM): CAMP BUS TRIP TO BUTTERMILK FALLS TRAIL (STOCKER BUS CO. PICK-UP)**

**(2:45 pm) AFTERNOON TRAINING WARM-UP: (AT BUTTERMILK FALLS TRAILHEAD)**

**(3:00pm) BUTTERMILK FALLS TRAIL RUN (OUT & BACK)**

**(5:00pm) BUS DEPARTURE BACK TO FAIRVIEW LAKES YMCA**

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

**(7:00pm) KITTATINNY LODGE CAMP SPEAKER: MARK WILL WEBER / Published Author, seasoned journalist and magazine editor, College Coach (Moravian & Lehigh Universities)**

**(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 16th**

**(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**

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

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

