



2026 THXCRC SCHEDULE

MONDAY AUGUST 10th

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

HS GIRLS = Laurel Ridge Unit

HS BOYS = Delaware Unit

ALL CAMPERS AND STAFF MUST CHECK-IN w/ COACH ROBINSON & COACH HOFFMAN BEFORE GOING INTO THE RESIDENTIAL CAMP UNIT AREAS TO UNPACK

SNEAKER FACTORY GIVE-AWAYS AT CHECK-IN FOR ALL CAMPERS & 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

Delaware Cabins #1 & #2 w/ Coach Robinson- 2D Gate Analysis/Pose Running Form

Laurel Ridge Cabin #14 w/ Janice Morra PT-Gate Analysis/Pose Running Form

(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),

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

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

Delaware Cabins #3 & #4 w/ Coach Robinson- 2D Gate Analysis/Pose Running Form

Laurel Ridge Cabin #13 w/ Janice Morra PT- Gate Analysis/Pose Running Form

(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 (OUT & BACK)

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: 5:15PM

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

(7:00pm) CAMP CHAPEL SPEAKER: TBA

(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

Delaware Cabins #6 & #7 w/ Coach Robinson- 2D Gate AI Analysis/Pose Running Form

Laurel Ridge Cabin #12 w/ Janice Morra PT- Gate Analysis/Pose Running Form

(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: TBA

(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)

Delaware Cabins #8 & #9 w/ Coach Robinson- 2D Gate Analysis/Pose Running Form

Laurel Ridge Cabins #11 & #10 w/ Janice Morra PT- Gate Analysis/Pose Running Form

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

(11:00AM): CAMP SPEAKER: TBA

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

(1:30PM) CHECK-IN w/ CAMP COUNSELORS @CAMP OFFICE AREA

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

Via Walpack Flatbrook Rd/Haneys Mill Rd Intersection Trailhead Parking Lot

<https://maps.app.goo.gl/7vTXXZd5eA6mCPp8A>

(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)

(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 T-SHIRT
TOP 10 EACH GENDER MAKE THE WAGON

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

GRAB & GO FOOD @ RACE PAVILION

