

## Wednesday

10:00 am - 12:15 pm	Registration at Cheyenne-Arapahoe Hall
12:30 pm	Meet in front of Cheyenne-Arapahoe Hall; at 12:45 all walk over to the lecture hall
12:45 – 1:30 pm	Welcome meeting and staff introduction
1:30– 1:50 pm	Training group introductions
1:50 – 2:40 pm	Presentation - A Recipe for Running (Part 1)
2:45 pm	Walk back to Cheyenne-Arapahoe; <b>change into running clothes</b>
3:15 pm	Meet your counselors in front of Cheyenne-Arapahoe Hall; walk to Boulder Creek Path
3:30 – 4:30 pm	Training run on Boulder Creek Path (of varying lengths)
4:30 – 4:55 pm	Ice legs in Boulder Creek
5:00 pm	Walk back to dorm; then, shower and change clothes
5:15 – 6:30 pm	Dinner in dining hall
6:30 pm	Meet in front of Cheyenne-Arapahoe Hall to walk to the lecture hall as a group
6:40 – 7:00 pm	Ice breaker activities
7:00 – 7:55 pm	Presentation - TBA
8:00 – 8:45 pm	Presentation - A Recipe for Running (Part 1)
8:45 - 9:15 pm	Groups discuss skit ideas
9:20 - 9:30 pm	Discuss Thursday's run
9:30 – 10:00 pm	Return to room – get ready for bed
10:30	Lights out

## Thursday

7:00 am	Wake Up (a counselor will bang loudly on your door at 7:00 am)
7:15 – 7:45 am	Breakfast
7:55 am	Meet in front of Cheyenne-Arapahoe Hall to walk to the lecture hall as a group
8:00 – 9:00 am	Presentation: Recipe for Running (Part 2) ( <b>BE PREPARED TO RUN AFTERWARDS</b> )
9:00 – 9:45 am	Drive to the Mesa Trail Trailhead; Stretch
9:45 – 10:45 am	Run on Dowdy Draw Trail
10:45 – 11:00 am	Stretch; General Strength demonstration
11:00 – 11:15 am	Drive back to Campus
11:15 am – 12:35 pm	Lunch in dining hall
12:40 pm	Meet in front of Cheyenne-Arapahoe Hall to walk to the lecture hall as a group
12:45 – 2:00 pm	Presentation: A Recipe for Running (Part 3)
2:00 – 2:40 pm	Presentation: TBA
2:45 - 3:45 pm	Rotating Stations – 25 minutes at each station
	1) College Recruiting Q & A
	2) My Running Story
	3) Lunge Matrix and Injury Prevention Exercises with Christy the Trainer
3:45 – 4:15 pm	Shower and change clothes
4:15	Meet in front of Cheyenne-Arapahoe Hall to walk to Dark House as a group
4:30 - 6:00 pm	Dinner at the Dark Horse
6:00 pm	Start walking to the UMC from the Dark Horse
6:30 – 8:30 pm	Bowling and Billiards at UMC (the CU Student Union); running movie starts at 7:00 pm
8:45 pm	Gather outside UMC to review of Friday's workout and hike; walk back to Cheyenne-Arapahoe
8:45 – 9:55 pm	Work on your group's skit
10:00 pm	Return to room – get ready for bed
10:15 pm	Lights out

## Friday

7:00 am	Wake up
7:15 – 7:45 am	Breakfast
7:55 am	Meet <b>behind</b> Cheyenne-Arapahoe Hall <b>in your running clothes</b> to load buses
8:00 am	Depart for Coot Lake
8:30 – 8:45 am	Arrive at Coot Lake; stretch and go over workout instructions
8:45 – 9:45 am	Fartlek workout around Coot Lake
10:00 – 10:15 am	Drive back to dorm

10:15 – 11:00 am	Shower and change clothes for Green Mountain Hike
11:00 – 11:45 am	Lunch in dining hall
11:50 am	Gather in front of Cheyenne-Arapahoe: depart for hike up Green Mountain <i>in groups</i>
12:30 pm	Water Break at Chautauqua Park
12:30 – 4:30 pm	Hike up Green Mountain; hike back down
4:30 - 5:00 pm	Walk back to Campus
4:45 – 6:00 pm	Pizza Party on Farrand Field (or inside Cheyenne-Arapahoe in case of inclement weather)
6:00 – 7:00 pm	Small Group Discussions
	1) Women’s Running Issues with Christy and female counselors
	2) Ran with the Buffaloes - Oscar Ponce et. al.
	3) Coach Jay Training Q&A
7:00 – 7:30 pm	Skit run-through with your group
7:30 – 8:30 pm	Skit Night (maximum of 6:00 per group)
8:30 - 9:45 pm	Special Activity TBA
9:45 pm	Return to Room
10:15 pm	Lights out

## Saturday

8:00 am	Wake up
8:15 – 8:45 am	Breakfast
9:00 am	Gather at Farrand Field amphitheater: group Dynamic Warm-Up
9:20 – 10:15 am	Easy Run around campus
10:15 – 11:00 am	Hang out in the sun . . . football, soccer, kickball or frisbee optional
10:45 – 11:30 am	Optional - CU Book Store trip. Camp T-Shirts and Sweatshirts on sale in the dorm
11:00 am – 12:50 pm	Shower; Lunch in dining hall
12:55 pm	Meet in front of Cheyenne-Arapahoe Hall to walk to lecture hall as a group
1:00 – 2:00 pm	Presentation in lecture Hall
2:00 – 3:30 pm	Nike shoe fitting: basement of Cheyenne-Arapahoe Hall
3:30 - 4:30 pm	Ice in Boulder Creek or hang-out in the sun
4:30 - 5:15 pm	Shower and change clothes
5:15 – 6:15 pm	Dinner at Cheyenne-Arapahoe Hall cafeteria
6:10 pm	Meet in front of Cheyenne-Arapahoe Hall to walk to Pearl Street
6:15 – 6:45 pm	Walk to Pearl Street Mall <i>as a group</i> ; meet in front of Starbucks
6:45 – 8:25	Free time at Pearl Street Mall
8:25 pm	Meet in front of Starbucks for walk back to lecture hall <i>as a group</i>
8:30 – 9:00	Walk back to lecture hall
9:00 – 9:15	Go over Sunday schedule – long run, check-out and closing ceremonies
9:15 – 10:00	<b>PACK FOR CHECK-OUT TOMORROW</b> (tomorrow will be a busy day)
10:00	Lights out

## Sunday

6:45 am	Wake up
7:00 – 7:30 am	Breakfast
7:35 am	Meet in front of Cheyenne-Arapahoe Hall in your running clothes to load buses
7:40	Drive to west end of Magnolia Road
8:15 – 8:30	Organize groups; stretch; pre-run instructions
8:30 – 10:00	Long Run on Magnolia Road
10:00 – 10:15	Stretch
10:15 – 11:00	Drive back to Boulder
<b>11:00 am</b>	<b>Coordinate your checkout time with your Counselor</b>
11:00 am – 11:45 pm	Shower, eat Lunch in dining hall and share email, cell phone or Facebook information with your friends <i>because you won’t have time after the closing ceremonies.</i>
11:45 pm	Meet you counselor in Cheyenne-Arapahoe lobby to get check-out materials
12:15 pm – 12:45 pm	Closing ceremonies (in front of Cheyenne-Arapahoe if sunny; lecture hall in case of inclement weather)
1:00 pm	Depart for home or Denver International Airport