

Summer 2010

Dear Cross Country Camper:

Welcome, we have received your registration to the Adams State College Cross Country Camp. The camp will be held July 25 – 30 on the campus of Adams State College. I hope that your summer training is going well and that you are excited about attending camp. Listed below are items that you will need to bring with you.

- Two (2) pairs of shoes (running)
- Shorts
- T-shirts
- Socks
- Towels
- Swimsuit
- Light jacket/sweat shirt
- Bed linens or sleeping bag
- Pillow
- Personal items

Attached you will find a medical release/insurance form. Each camper must also have proof of a recent physical (within 1 year) from his/her doctor. You must return these items to us, or bring them with you to camp, in order to participate in camp activities.

Check in time is between 4:00 and 7:00 p.m. on Sunday, July 25<sup>th</sup>, in the lobby of Plachy Hall. Check out will be Friday, July 30<sup>th</sup> between 11:00 a.m. and noon.

We have many great activities planned for this year including a very special guest. Good luck and we will be running together soon. If you have any question regarding the camp, please email me or give me a call.

Sincerely,

Damon Martin  
Director of Cross Country/Track and Field  
Adams State College  
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