

Summer 2011

Dear Cross Country Camper:

Welcome, thanks for your interest in the Adams State College Cross Country Camp. The camp will be held July 24-29, 2011 on the campus of Adams State College. I hope that your 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 – an extra one for the T-shirt exchange
- 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. Also, if you take medications, those must be disclosed on the medical release. 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 24th, in the lobby of Plachy Hall. Check out will be Friday, July 29th 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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