



experience
LEARNING

Introductory Letter and Packing List for Adult Running Camp

Hello Runners:

We are very excited that you are able to join us for our inaugural Adult Running Camp/Trilogy Training Camp. We have a great weekend lined up, full of fun runs on different trails, experts on stretching, strengthening and yoga for runners. You'll enjoy three days of activity and relaxing together up at 4000' on Spruce Knob. We're excited to get to work with Big Timber Brewing and Still Hollow Distillery too, so expect some of their excellent products for camp.

Bring along anything you think you might need to enjoy three days of running and spending most of your time outside! This packing list is mostly just to help trigger anything you might not think about. August is hot on Spruce Knob as it is most anywhere around here, but NOT AS HOT as you might be expecting!

Although the weather on Spruce Knob is often sunny and warm, it is also sometimes rainy, snowy, windy, and cold. We have had snow as late as May and as early as September, even the summer months can be surprisingly chilly or windy in the evenings -- arriving prepared is crucial. Pack extra layers if the weather is projected to be cooler. Our onsite weather station will provide the most current weather forecast, and is accessed at <http://www.wunderground.com/forecast/us/wv/circleville/KWVCIRCL4>

Please bring a variety of layers for running as well as extras for non-running activities like stretching, strengthening and yoga sessions. We will be sleeping under roof (unless you choose to tent camp) so you won't need to bring bedding or pillows. You'll still want a headlamp of some sort – our campus is very dark!

Please do not hesitate to contact me with any questions or concerns as they arise.

We look forward to seeing you soon,

Katie Wolpert
Program Director

Adult Running Camp Packing List

Check the weather before arrival, and use your best judgment regarding some of the cold weather items on the list. Keep in mind mountain nights are often cooler than you'd expect.

Gear:

- Small running pack (1).
Or something appropriate to carry water, food and an extra layer while running.
 - Water bottles/bladders (2).
 - Headlamp (*preferred*)/ Flashlight (1).
 - Extra batteries (1).
 - Gaiters (*optional*)
 - Trekking Poles (*optional*)
 - Stretching/Yoga Mat (*optional*)
 - Foam Roller (*optional*)
 - Notebook/Journal (*optional*)
- Heavy wool sweater or synthetic jacket. (1).
 - Lotsa socks (4 pair).
 - Warm hat (1).
 - Sun visor/baseball hat (1)
 - Rain jacket (1 set).
 - Running Shoes (1 or 2)
 - Apres Running Shoes/Sandals (1).

Clothes:

- Running attire (2 sets at least).
- Synthetic long sleeve shirt or light wool sweater (1).
- Shorts (1).
- Pants (2)

Toiletries:

- Toothpaste and toothbrush, sunscreen, SPF rated Lip balm.
- Towel/Shampoo/Bathing Supplies

Other Notes:

- × We are a nut-free facility. If you would like to bring nutty snacks to use on the trail, please keep them in a rodent-secure box in your car. We will provide running food as well.
- × Wi-Fi is available at our facility but we highly recommend limiting use of this resource during camp. Being fully present and engaged in activities is a major feature of our programs.
- × Bedding is provided in dorms and yurts.