

2024 Tahoe Running Camp 6-Day Schedule (Rev 4/3/2025)

Mon, July 28th – Sat, Aug 2nd

10:00 PM Every Night = QUIET TIME! *Driving to/from Camp

<p>Day #1 7/28 Mon</p>	<p>8:45: Meet at MCHS to load up cars/trucks > *Leave MCHS by 10:00am 2:30: Check in Zephyr Cove Campground, unpack, set up tents and camp kitchen (early check-in 1pm) 4:30: 4-5 mile EZ shake-out run 6:30: Dinner! Soup, Grilled Cheese, Salad 8:30-9:30: Campfire talk (Camp Staff + Alumni intros)</p>
<p>Day #2 7/29 Tue</p>	<p>7:30: Wake-up/light breakfast 8:00-10:30: Short AM run + CTT (Circuit Training & Torture) hosted by Alumni at GW High School 10:30-11:30: Breakfast: Build your own Breakfast Burritos 11:30-12:30: Trivia/Team Building Activity 12:30-2:00: FREE TIME (check-in 12:30 with assigned chaperone/back 2pm/ready for 2:30 departure) *2:30-6:30 Tahoe Rim Trail/Spooner Lake 6-7 mile run (~30 minute drive to/from run) 7:00 Dinner: Pulled Pork Sandwiches, Mac Salad and Fruit 8:30-10:00 Campfire talk (Junior + Senior intros)</p>
<p>Day #3 7/30 Wed</p>	<p>7:30 Wake-up/light breakfast 8:00-10:00 Tempo Run Workout 10:00-11:00 Breakfast: Pancakes, Sausage and Fruit 11:00-Noon Team Building Activity/Trivia + Schwag Noon-2:00 FREE TIME (check-in at Noon with assigned chaperone) 2:00-5:30 Fun Run Relay Workout + Kickball Game at GW High School 6:30 Dinner: Taco's with all the fixings 8:30-9:30 Campfire talk (Sophomore + Freshman intros)</p>
<p>Day #4 7/31 Thu</p>	<p>8:00 (sleep-in day!) Wake-up/light breakfast 9:00-10:30 4-6 EZ pace Run + Circuit Training at GW High School 10:30-11:30 Breakfast: Build your own Breakfast Burritos 11:30-1:00 Trivia + Shwag and Team Building Activity 1:00-3:00 FREE TIME (check-in at 1:00 with assigned chaperone) 3:00-5:30 TBD short run or activity 6:00-7:30 Load-up with Pasta, Green Salad and Bread 8:00-9:00 Campfire talk (Special Guest, Coach Danny Aldridge!)</p>
<p>Day #5 8/1 Fri</p>	<p>6:00 Wake-up/light breakfast OYO before Spooner 12.2 mile run! *6:45: Leaving camp > Drive 20 minutes to Tahoe Rim Trail > launch 7:30am Noon-1:00: Return to Camp; Quick Lunch OYO 1:00-5:30: FREE TIME (check-in at 1:00 and 3:00 with assigned chaperone) 6:00-7:30: Pizza Dinner! 8:00-10:00 Campfire talk + Talent Contest (organized by Class)</p>
<p>Day #6 8/2 Sat</p>	<p>7:30 Wake-up/light breakfast (optional short morning shake-out run, check with Greg) 8:00-9:00 Clean-up and pack-up! > *Leave Camp site by 9:00 AM! ~1:30-2:00 Arrive at MCHS parking lot to un-pack</p>