

2009 Mohawk Camp Itinerary

Monday, Aug. 3rd:

6:50 am Meet at the MCHS gym lobby / load bags, tents, bikes, etc. Come with a sack lunch and dressed to run (***runners bring your wrist watch with a stop watch function***).

7:00 Depart for Old Barn Resort in Preston, Minn.

9:40 Arrive at Resort / prepare to run.

9:55 Team run 65 minutes (run out 35 min. and turn around and run back increasing speed slightly).

11:00 Team swim.

11:45 Eat sack lunch.

12:30 Camp set up and tent assignments (team building – all required to help out).

1:30 Free-time / Games.

5:30 Brats / Hot dogs at campsite, followed by free time.

7:15 Team Captain's meeting (entire team required to attend).

9:00 Night Games.

10:15 Campfire with S'mores at campsite.

11:00 Quiet tent time, followed by lights out / sleep.

Tuesday, Aug. 4th.

8:15 Wake-up time.

8:30 Workout (10 min warm up, 2X6 min., 3X4 min., 4X2min. @ race pace, with 2-2 ½ min. rest, followed by 10 min. cooldown).

9:45 Team swim.

10:15 Free Time.

11:30 Load up / travel to Lanesborough for lunch.

1:15 Team Float down the Root River.

3:30 Free time.

- 5:00 Pizza and ice cream in Fountain, Minn.
- 6:30 Free time.
- 9:00 Captains nature walk.
- 10:00 Campfire and s'mores at campsite.
- 11:00 Quiet time in tent followed by lights out and sleep.

Wednesday, August 5th.

- 8:25 Wake up / prepare to run.
- 8:40 Triathlon (4K run, 9 mile bike, 8 lengths of pool). Trophies to top two and Most Enthusiastic.
- 10:45 Coache D.'s Team Meeting (all team members required to attend).
- 12:00 On own for lunch (Lanesborough or Preston), followed by free time.
- 2:30 Volleyball or Miniature golf.
- 5:30 Eat at Old Barn Resort, followed by free time.
- 9:00 Captain's choice.
- 10:15 Campfire and S'mores.
- 11:00 Tent time followed by lights out and sleep.

Thursday, August 6th.

- 8:30 Wake up / prepare to run.
- 8:45 50 min. fartlek run (easy, medium, easy, medium – your leader picks the pace).
- 9:50 Team swim.
- 10:20 Break camp (team building – everyone helps), load up and leave (parents who help drive should meet at this time).
- 12:30 Stop in Creston, Iowa, to eat at Hardees or Subway.
- 2:45 (Approximately), Arrive back at MCHS. Runners who need rides will be taken home.