

CAMP RIVER RUNNERS SCHEDULE

Sunday, July 22: Camp Intro

3:00-4:00pm: Arrival at Shepherd University and Unpack
4:00 – 5:00pm: Icebreakers & Teambuilding Games
5:00 – 6:00pm: Drills and Small Group Run
6:00 – 7:00pm: Dinner
7:00 – 7:30pm: Free Time at Dorms
7:30 – 9:30pm: Opening Campfire
9:30 – 10:00pm: Free Time at Dorms
10:00: Quiet Time/ Lights Out

Monday, July 23: Harper's Ferry National Park

7:00 – 7:45: Wake up/Showers
8:00 – 8:45am: Breakfast
9:00am-12:00noon: Head to Harpers Ferry for group run and drills
12:00noon-1:00pm: Lunch at Shepherd
1:00pm – 2:00pm: Structured Free Time
2:00 – 2:45pm: Joan Hunter “Train to be a Champion”
2:45 – 5:15pm: Breakout Sessions: i) TrueForm Runner Gate ii) Mobility for Runners iii) Strength Training
5:15pm – 6:00pm: Group Run/ Structured Free Time
6:00pm – 7:00pm: Dinner
7:00 – 7:45pm: Mark Cucuzzella & Meg Waldron “Fueling for Performance” & “Mindfulness”
8:00 – 10:00: Game Zone & Structured Free Time

Tuesday, July 24: For Love Of Children Run

7:00 – 7:45: Wake up/ Showers
8:00 – 8:45am: Breakfast
9:00 – 12:30am: Head to FLOC for trails & Drills
12:30 – 1:00pm: Lunch
1:00pm – 4:00pm: White Water Tubing with River Riders
4:00pm: River Riders Shuttle back to Shepherdstown
5:00 – 6:00pm: Breakout Workshops
6:00 – 7:00pm Dinner
7:00 – 8:00pm: Yoga for Runners
8:00 – 9:30: Closing Campfire

Wednesday, July 25: Antietam

5:00am: Wake Up / Light Snacks if needed
6:00 – 7:30am: Sunrise Run at Antietam Battlefield
8:00 – 8:45am: Breakfast
9:00 – 9:30: Pack Up
9:30 – 11:30: Run Pack Horse Ford (easy run/ hike/ river cross)
11:30 – 12:00: Wrap Up
12:00 – 1:00pm: Lunch
1:00pm: Head out