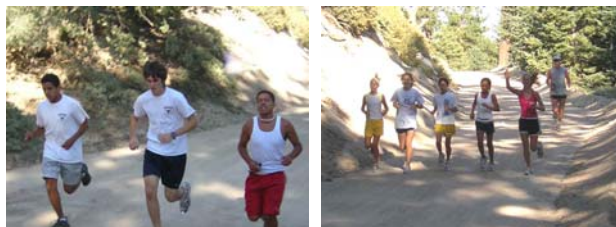


# ***Southern California Road Runners and San Diego SoCal RoadRunners 2010 Running Camp Big Bear Running Camp Information***



The SCRR and SDRR have joined forces to put on their annual Cross country running camp. The camp will be in Big Bear. The SCRR and SDRR youth teams have produced some of the top distance runners in the country and combined have over 70 National championship teams. For over 40 years the Roadrunners have been offering the opportunity for youth to learn running discipline while bonding with other athletes, coaches and staff. We are happy to extend this opportunity to you again this year.

Attached you will find a **Registration form and Release. Please return this form along with either your full registration fee (\$220.00) or \$110.00 non refundable deposit no later than July 7<sup>th</sup> to secure your runner's spot in camp.** The first 100 male and 100 female athletes registered will be allowed at camp. This year all will be in cabins. No Tents allowed and every individual will be in a dorm room and in a bed. There will be plenty of hot showers and great cooking by Jeanette Mena. The **\$220.00** fee will include food, lodging, t shirt and other extracurricular activities such as swimming at the lakes beach, or water slides or miniature golf. Boys and Girls will have their own separate dorm rooms. Transportation must be arranged by their coach and provided by each individual unless arrangements made by their coach.

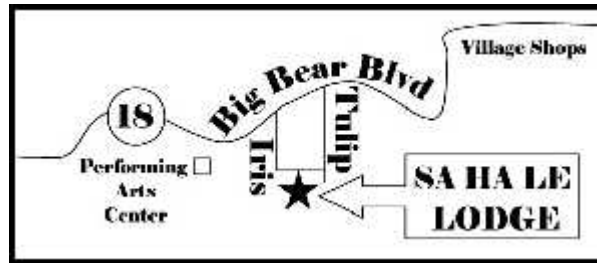
The Camp directors this year are **Dr. Mike Leong** (SCRR) 909 864 2150 and **Mark Mena** (SDRR) [sandiegoroadrunners@gmail.com](mailto:sandiegoroadrunners@gmail.com) if you have any questions

In addition to two training runs a day, volleyball, table tennis, is available. Night activities include the annual talent show, karaoke and or lip Sync , game night and workout number 3 the night dance. Start prepping for your skits, winners will get prizes. Please bring instruments if possible.

Showers are available; bring your own soap, shampoo and 2 towels. Wear flip flops in the showers please.

Please bring things to do during the down time. We will have 3 meals a day but you must help bus your own tables and participate in clean up. We will have several college athletes who have gone through our programs and will give talks on preparing for races and training philosophy.

SA HA LE LODGE  
39873 Crocus Drive  
Big Bear Lake, CA 92315  
(between Iris and Tulip, just one block off Big Bear Blvd.)



The cost for camp will be \$220.00 per runner, which includes food and lodging.

Checks should be made out to SDRR and mailed ASAP:

SDRR  
550 E. 8<sup>th</sup> Ave  
Escondido, Ca 92025

### SDRR needs drivers to and from camp

As always we will be driving up to Big Bear so we need parent volunteers to drive to and from the Sa Ha Le Lodge. Without your help we can't get all the kids up to camp!

**SDRR Parents please e-mail Jeanette Mena if you can help, so that we can add your name to our list of drivers. Also, let us know how many runners you can fit in your Van or car**

**SCRR Parents please contact Dr Mike if you can help**

### Camp ground pictures



## Don't Forget This

- All athletes must have their emergency form signed and given to Coach Mena or Dr Mike to be able to go! **NO FORMS! NO CAMP!!**
- If you are interested in going, please e-mail **Jeanette Mena at sandiegoroadrunners@gmail.com** we are asking that you commit with a **50% deposit by July 17th (\$110.00)** to hold your reservation. Please make your checks payable to SCRR. Very important to remember this deposit is **non refundable** unless you find another athlete to fill your child's spot.
- Parents are welcome to attend camp BUT must paid the full price, contact Dr. Mike or Coach Mena for more information
- SDRR will be meeting at Target parking lot in Escondido at 9:00 am on Sunday morning the 1<sup>st</sup> of August
- **We will be stopping off for a early lunch on the way up to camp Saturday, please make sure you have money to buy your lunch**
- **Get your money in as soon as possible.**

## CAMP RULES:

Good Behavior is expected of Everyone!

**No** one must leave the camp without the permission of the Camp directors

Everyone must participate in all activities (Especially running)

Everyone with the exception of those on kitchen duty must be in the dorms for inspections.

No weapons or matches allowed

No fighting or obscene language allowed. (**Including questionable language in music**)

### **No boys in girls' dorms, no girls in boys' dorms.**

All runners are expected to be on time to all workouts, use discretion at all times, respecting all adults and each other and respect the property of others. Breaking the camp rules may result in being sent home early.

**No one will be allowed to make any noise before 8 am or after 10 pm. This rule will be enforced to its fullest or you will be asked to leave camp and your parents will have to come pick you up**

## What runners should bring to camp.

Running shoes (2 pairs)  
Running shirts (lots)  
Running shorts (several)  
Casual shorts  
T shirts (long and short)  
Sweat shirt and Jacket  
10 pairs socks  
Underwear  
Soap  
Shampoo  
Sleeping bag/ pillow/ bed sheets  
Volleyball, card games, books.  
Tooth brush , tooth paste  
Comb or brush  
**Chapstick**, sun block  
Insect repellent  
Sun glasses  
Towels , wash cloth  
Gloves  
Hat  
Flashlight  
Camera  
Flip flops  
Swim suit  
Dress clothes for Dance

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Camp has always been a fun experience for those who attend. You learn a lot about your team and teammates when you live with them for five days. You cannot be selfish, because your actions will affect all others

**SCRR / SDRR**  
**BIG BEAR CROSS COUNTRY RUNNING CAMP**  
August 1 – 5, 2010

**Registration Form and Emergency Release**

Please Print:

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_ State: \_\_\_\_\_

Birthday: \_\_\_\_\_ Parent/Guardian \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work# \_\_\_\_\_ Cell # \_\_\_\_\_

I hereby request that my son/ daughter be permitted to participate in the Roadrunners Big Bear camp. As a condition of being allowed to do so, I hereby release, hold harmless and discharge the Southern California Roadrunners, San Diego SoCal RoadRunners (including but not limited to the coaching staff and volunteers) from any and all claims of personal injuries or property damage that my son/ daughter may suffer as a result of participating in the Roadrunners Big Bear camp. Whether or not such injuries or damage are caused by the negligence (active or passive) of the Southern California Roadrunners or San Diego SoCal RoadRunners Youth Cross Country and Track and Field club (including but not limited to the coaching staff and volunteers).

In the event of sudden illness, accident or injury may occur while my son/ daughter is engaged in an activity supervised by the Southern California Roadrunners or San Diego SoCal RoadRunners, and their representative when neither parents, guardian or designated family physician can be contacted, I hereby give my consent for any and all emergency treatment as shall be deemed necessary under the circumstances by any licensed physician.

\_\_\_\_\_ Date \_\_\_\_\_ -

Parent/guardian Signature

Health and Emergency Info/Health Insurance

Co.: \_\_\_\_\_ Policy#: \_\_\_\_\_

Family Physician: \_\_\_\_\_ Phone#: \_\_\_\_\_

Allergies: \_\_\_\_\_

Current Medications: \_\_\_\_\_

Other Pertinent Medical Info: \_\_\_\_\_

Emergency contact

(Other than listed above)

Name: \_\_\_\_\_

Phone #: \_\_\_\_\_

Name: \_\_\_\_\_ Phone #: \_\_\_\_\_

T-Shirt Size (adult size) S M L XL