

Cape Elizabeth Girls XC 2011 Running Adventure

AUG 22 2011

Location: Sebago Lake

Eliza cell: 260-402-2678

Dates: Friday August 26-Sunday August 28

Supervisors: Eliza Eshelman, Kyle Miron

Cost: \$108 for the weekend (plus each athlete brings food/games) covered by fundraising money

Purpose

Team bonding before the official season begins and mostly to have fun and get in some cool runs!

Travel Plans

Transportation: Eliza can take 3 athletes, other parents volunteer

Depart: Cape Elizabeth HS parking lot on **Friday August 26 at 1:00pm**

Depart camp Sunday August 28 at 3:00pm and **return to Cape HS at 4:00pm**

Meals

Food items will be divided out to each athlete, options are anything that does not expire such as bananas, packaged granola bars, cereals, fruit, oatmeal...

Friday August 26: Dinner

Saturday August 27: Breakfast, lunch, dinner

Sunday August 28: breakfast, lunch

-unlimited snacks (s'mores) all weekend

Accommodations

Tents (provided by Catherine and Ellen)

Showers and bathrooms on site

Athletes will bring: sleeping bag, toiletries, clothing, towels, running gear (shoes!), games, food, stuffed animals and entertainment

Activities

Running! Swimming, bird watching, tree exploring, and various imaginative games

Questions

Contact: Eliza Eshelman at 260-402-2678, email: eliza.eshelman@gmail.com