Bella Vista Distance Camp 2025

Date: July 21nd- July 25th (Leave 7/21 at 1PM from BV Parking Lot, Return 7/25 at 1PM to BV Parking Lot

Place: Clair Tappaan Lodge: 19940 Donner Pass Rd. Norden, CA 95724 (near Donner

Cost: \$200 due immediately. \$225 due by June 30th. Payment can be made:

- on-line by pressing the donate button at BVtrack.com (include athlete's name and that it is for camp),
- bring payment to summer training and give to the coach, or
- Mail to treasurer, Amy Fear at 5164 Butterwood Cir, Orangevale, CA 95662 (preferred method)
- Checks made payable to: Bella Vista Cross Country and Track Booster Club

To s	sign	up:
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To sign up:
☐ Complete the Registration Form Click here for the form.
☐ Pay camp fees.
What to bring:
☐ Sleeping bag or blankets (a pillow and fitted bed sheet are provided)
☐ Running Shoes. Optional second pair.
☐ Water bottle. Very important!! (optional second water bottle for Gatorade)
\square Bathing suit, beach towel, and sunscreen. We will go to Donner Lake beach one afternoon
☐ Spending money for the Donner Lake snack bar/ice cream (optional)
☐ Pajamas
☐ Clothes to relax in.
☐ Large plastic bag to put your dirty clothes in
☐ Toiletries (don't forget sunscreen, deodorant, toothbrush/paste, bug spray and chapstick)
☐ Towel and washcloth
☐ Shorts, t-shirts, underwear, socks, hat (for 5 days)
☐ Jacket or sweatshirt and sweatpants (evenings, early morning can be cool)
☐ Pen/Paper/Journal (for goal setting)
☐ Book/Favorite game (for down time)
☐ Flashlight, or head lamp for running in tunnels
☐ Extra snacks
☐ Camp chair (optional, there will be several logs, but not enough for everyone)
☐ Positive attitude