

Mammoth Running Camp 2025
July 27 through August 1
Important Information

Please read all of this information carefully and ask questions if you need clarification. This camp will provide you with an opportunity to run in a beautiful, high-elevation environment with your teammates. It's a great opportunity that comes with a great amount of responsibility.

Costs: \$475 for the week. This will cover the costs of food and lodging. If this is a problem, please discuss it with me. **Checks should be made out to FTHS Cross Country.**

To Bring:

1. Running clothes for 6 days
 - a. At least two pairs of socks per day--polypropylene (avoid cotton)
 - b. Underwear
 - c. Shorts
 - d. Tee shirts
 - e. Sweats and hoodie
 - f. Running shoes
 - g. Optional: Running gloves & beanie for early AM runs as it could be chilly
2. Pack a lunch for the way up.
3. Flashlight or headlamp with new batteries
4. Bug spray, sunblock, foot powder, blister stuff,
5. Long sleeve tee shirt and hoodie
6. Casual clothes
7. Swimsuit
8. Water shoes for rock jumping, etc
9. Water bottle---a must especially for the way up the mountain
10. Hat
11. Toiletries--toothbrush, toothpaste, deodorant, etc.
12. Jacket or warm clothes for night time
13. Dirty clothes bag
14. Sleeping bag and pillow- not needed for girls - will confirm for boys
15. Sleepwear
16. lightweight towel for yoga and swimming
17. Approx. \$30 to \$50 additional money for-
 - a. Lunch on the way back
 - b. Movie night and night out for dinner
 - c. Souvenirs and Snacks
18. Permission slips--I will need these before we get on the road
19. A notebook and a pen to take notes
20. A good reading book
21. A very positive attitude
22. A rain jacket
23. Backpack for hikes

Please note that space is limited in the vans, pack efficiently.

Departure: We will meet at 7:50 am on Monday, July 27 at Foothill and then load the vans. Plan to leave by 8:00 AM.

Lodging: We will be staying at two different locations:

1. Girls: Chateau Sans Nom 29 3377 Chateau Rd, Mammoth Lakes, CA 93546
There are four rooms and three bathrooms. Room assignments will be given out closer to the date of the trip. (access _____)
2. Boys: Chateau Sans Nom 31 3377 Chateau Rd, Mammoth Lakes, CA 93546
There are four rooms and three bathrooms. Room assignments will be given out closer to the date of the trip. (access _____)

Return: We will leave Mammoth the morning of August 1st. We will stop for lunch on the way home. Please bring money for the lunch stop.

Expectations for athletes invited to attend camp:

1. Logging regularly on Final Surge. All details are up to date for the summer as of July 22.
2. Attend summer practices on a regular basis.
3. Complete and log your long run from Saturday, July 20 on Final Surge. Boys are expected to run 9 miles in approx. 54 minutes. Girls are expected to run 6.5 miles in approx. 52 minutes.
4. Athletes are injury free
5. Athletes are trustworthy and have the integrity to make the right choice when no one is watching.
6. Athletes will volunteer for fundraisers and team events during the season.

Running overview--what to expect while we are there. Remember, we will be running at 8,000 to 9,000 feet:

1. Athletes will complete at least 5 different types of runs during the week
2. Athletes need to be able to run in their group
3. Athletes will run a longer run of approx. 7 to 10+ miles
4. Athletes will run approx. 30 to 50 miles during the week