

# Portsmouth Cross Country Camp

*Revised Itinerary on August 8*

## Friday August 16 - Monday August 19

### To all Cross Country Runners and Families-

Coach Rose, Coach Denard, and I made a trip ahead of camp to the Harriman Outdoor Center. We decided that this location is not ideal for our purposes. We made the decision to remain at the Cardigan Lodge location in Alexandria NH, where we stayed last summer. There is no change to our time table, the dates and times remain the same. There will be one more additional charge of \$35 for the high ropes course. Please bring a check made out to Portsmouth Track Club at some point next week to practice or mail to Shaun Horgan, 324 Forest Ave, Middletown, RI. We also ask all parent/guardians to sign the ropes course waiver through this link. Please take care of this as soon as possible, it only takes a minute. <https://bit.ly/2yLFIC2>. The finalized itinerary is below, please read through it carefully to get an idea of how this trip will work. The lodge has separate boys and girls bunk rooms, with their own bathrooms and showers. The lodge beds have sheets, blankets, and a pillow. There is no need to bring your own bedding. There is a full service dining hall that will provide breakfast, lunch, and dinner. Please make sure you have \$10 with you for lunch on Friday, when we stop for lunch on the drive to camp. We will be having a morning run each day, Saturday, Sunday, Monday. This is mandatory, not optional, that is why we have a 10 pm curfew, sleep is an important part of your fitness. Read through the list of What to Bring very carefully. Double check before you finish packing that you have everything.

Lodging: Cardigan Lodge, Alexandria, NH

Coaches: Shaun Horgan 401-487-9654, Jeff Rose 401-487-1610, Kelsi Chappell, Evan Denard

Transportation: 2 15 Passenger Vans

### What to Bring:

- Comfortable Running shoes
- Water Bottle
- Wrist Stopwatch
- Plenty of clean clothes for walking around **AND** for running each day.
  - It wouldn't hurt to bring some extras just in case.
- Bathing Suit
- Rain Jacket
- Shower supplies
- Toothbrush and toothpaste
- Small Flashlight
- \$10 for lunch on Friday. Any money on top of that is your choice.
- Extra Towel (1 towel is provided to you by the lodge for the weekend)
- Backpack, small one for day hike (optional)
- Hiking boots (optional) - The mountain trail is hikeable with running shoes.
- Extras - Board game, playing cards, reading book for free time

If you have any questions at all, please don't hesitate to get in touch, 401-487-9654, [horgans@portsmouthschoolsri.org](mailto:horgans@portsmouthschoolsri.org). Thank you! -Shaun Horgan

## Daily Itinerary

### Friday August 16

8:00am Meet at the U parking lot outside PHS Old Gym to load vans.  
8:30am Depart from PHS  
11:00pm Lunch stop **Bring \$10**  
1:45pm Arrive at Cardigan Lodge  
2:00pm-2:45pm Hike  
3:00pm Room check in  
3:30pm Afternoon run  
6:00pm Dinner  
7:00pm-9:45pm Free time  
10:00pm Lights out

### Saturday August 17

6:30am Morning 2 miles  
7:30am Breakfast  
8:30am-12:30pm Mountain Hike - trail lunch provided  
1:00pm-3:00pm Free time  
3:30pm Afternoon run to waterfall  
6:00pm Dinner  
7:00pm-8:30pm Free time  
8:30pm-9:30pm Campfire with Smores  
10:00pm Lights out

### Sunday August 18

6:30am Morning 2 miles  
7:30am Breakfast  
8:00am Depart for Ropes Course(45 min drive)  
9:00am - 11am Ropes Course ( closed toe shoes only!)  
11:30am Lunch - Bag provided by the lodge  
12:00pm Depart ropes course  
12:45pm-3:00pm Free Time  
3:30pm Afternoon run  
6:00pm Dinner  
7:00pm-9:45pm Free time  
10:00pm Lights out

### Monday August 19

6:30am Morning 2 miles

7:30am Breakfast

8:30am Depart for PHS

12:00pm Arrive at PHS