

2022 SUMMER RUNNING IN BREVARD
"All You Need to Know about Distance Camp!"

WHAT TO BRING:

- Paper copy of Negative PCR test/proof of vaccination
- Masks-reusable or disposable for 6 days
- Hand sanitizer & hand soap for your bathroom
- Running Apparel for 6 days (2x/day)
- 2-3 Pairs of Running Shoes
- Sweatshirt & rain gear
- Towels-for shower, creek, and waterfall soaks
- Linens for single/twin bed XL
- Pillow, blanket and/or sleeping bag
- Medicine if needed (can be given to the nurse)
- Spending Money for pizza, snacks, shakes, etc. There is a grocery store next to campus that coaches/staff will take campers to if additional items are needed
- The Co-Pay amount for your Insurance in the event you need medical attention (If Applicable-Mandatory) –Ability to pay includes cash, debit/credit card, or with a personal check made out to Hendersonville Pediatrics (do not turn in, just bring with you in the event that camper needs to go to the doctor)
- Balance Due- Certified Checks, Money Orders or Cash if bringing to registration-Payable to BDRC
- Key Deposit-\$50 in personal check (bring to registration, do not send in before)-this will be given back when key is returned
- Upload your medical insurance card to your account. This must be on **one sheet of paper** and done prior to your arrival at camp. *We will not take an email or paper copy at registration.* Instructions are available online or [click here](#).
- Casual Clothes & Shoes (dance on Fri night)
- Swimsuit
- Personal Toiletries
- Insect Repellent
- Costume for John Rock Graduation run (optional)
- Fan (optional)
- Yoga Mat (optional)
- Disc Golf set (optional)
- White T-shirts for tie dye (optional)

COVID-19 SAFETY MEASURES?

This will most likely look like last year (proof of fully vaccinated or negative PCR test to attend) however we will send an updated COVID policy at least a month prior to arrival. We are encouraged by the increasingly robust vaccine rollout, and highly recommend that everyone age 12 and over (within the CDC recommendations) seek the Covid vaccine to help protect each other. In advance of our 2022 camp season, we are continuously monitoring CDC, WHO and NC DHHS guidance to ensure our policies reflect all current safety standards related to group gatherings and youth sport.

ALLERGIES?

You **MUST** bring your own EPI-PEN if you are allergic to bee stings or have severe food allergies. You must add any allergies to your registration form for the nurse to be aware of.

CAMP FACILITIES:

All campers will stay in college dorms. Meals are all you can eat and served cafeteria style in the college dining hall. MOST dorm rooms are **NOT** air-conditioned. The girls' dorms that are air-conditioned are assigned on a rotating basis yearly according to space needs. You will need linens for the bed. You only need to request a roommate if you are an individual and want to room with someone not coming from the same high school provided on your registration form. Otherwise, roommates are assigned on the day of arrival during registration.

AIR TRANSPORTATION:

We will provide transportation to & from the Asheville, NC Airport ONLY (AVL). Transportation from the airport is FREE with an advance reservation if you arrive between 8 am and 4 pm on Sunday and depart between 6 am and 2 pm on Saturday. Flying outside these hours, or without an advance reservation will incur a \$50 charge. Make your flight reservation [HERE](#)

CHECK IN:

Registration is on Sunday of the week that you are attending from 11:00 am to 5:00 pm in Boshamer Gymnasium on the Brevard College campus. There will be signs but you can also find a map online. The afternoon run on Sunday begins at 2:30 pm and will continue every 30 minutes until 4 pm on campus.

ARRIVING EARLY:

You may not arrive before July 3 or stay after July 23. We will not be able to accommodate extra nights or staying in between sessions for camp 2022.

PICK UP/CHECK OUT:

Saturday by **9:00 AM** of the week you are attending. Rooms must be clear of trash, and keys turned in by 9 am. **Flights should depart between 6 AM & 2 PM. If your child is on a later flight, he/she will wait at the airport.**

KEY DEPOSIT:

The key deposit MUST be a separate personal check brought to check in/registration on the day your session begins. A \$50.00 key deposit is charged to each camper and coach at registration and the check will be returned at check-out only. We will not return deposits by mail and ask that you do not send this ahead of time.

BALANCE DUE:

You can pay the balance due online with credit card at any time 72 hours prior to your arrival date. You can mail a personal check prior to June 15th. After June 15th, you can mail a money order or cashier's check. Any of these options will be added to your account on our end and will reflect a \$0 balance which will fast track you through registration. If you prefer to bring the balance with you on registration day, you can pay with cash, money order, or certified check only, payable to Brevard Distance Runners Camp. Mail checks to BDRC, PO Box 1940, Brevard NC 28712.

PHONES:

Due to the busy schedule it will be difficult to reach your child during camp. Please make sure your child knows to contact you, if necessary. Cell phones are acceptable but can only be used during designated free time. Cell phones are prohibited in the camp general sessions and on runs. Inappropriate use of cell phones and anonymous apps will result in confiscation of phones until the end of camp. BDRC is not responsible for any loss or damage to cell phones.

ACTIVE ACCOUNT LOGGING BACK IN: SAVE YOUR PASSWORD!

You will need to log back in to update any information such as medications/allergies, roommates, and to upload your medical insurance card. The link is on our website or you can click [HERE](#). This is a different link than the one you signed up with. Sometimes Chrome does not support Active, try Internet Explorer if you get error messages or email us if you think it is a website issue.

TENTATIVE DAILY SCHEDULE: (Monday-Friday)

- 6:30 am to 7:30 am Run/Aerobics/Circuits
- 7:00 am to 8:30 am Breakfast
- 10:00 am to 11:00 am Learn by Doing/Challenge Courses
- 11:00 am to 1:00 pm Lunch
- Noon to 1:45 pm Recreation
- 1:45 pm to 2:30 pm Learn by Doing/Challenge Courses
- 2:30 pm to 5:00 pm Afternoon Run in Forest
- 5:00 pm to 6:30 pm Dinner
- 7:00 pm to 8:30 pm Speakers/Group Sessions
- 8:30 pm to 10:00 pm Free Time/Activities
- 10:30 pm Lights Out

DIRECTIONS TO BREVARD:

For GPS Directions, the Physical Address of Brevard College is:

1 Brevard College Drive, Brevard, NC 28712 (DO NOT SEND MAIL TO THIS ADDRESS!)

From South: I-85 North or I-95 North to I-26 West I-26 West to Exit #40 (Airport Exit). Turn left and follow Hwy. 280 (21 miles to Brevard)*

From North: I-77 South, I-85 South or I-95 South to I-40 West I-40 West to I-26 East I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*

From East: I-40 West to I-26 East I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*

From West: I-40 East to I-26 East, I-26 East to Exit #40 (Airport Exit). Turn right and follow Hwy. 280 (21 miles to Brevard)*

*Brevard College is on Hwy 64 West, 3 miles from the intersection of Highways 280, 276 and 64.

WHERE TO SEND MAIL FOR CAMPERS:

Your Child's Name
Brevard Distance Runners Camp
PO Box 1940
Brevard, NC 28712

To send a package to the PO Box from Amazon (or using UPS) the address is: BDRC Campers Name, 159 West Main St, Unit 1940 Brevard, NC 28712 Note: FedEx packages cannot be sent to a PO Box

WHOM TO CONTACT FOR ANSWERS: Refer to our website and FAQ for more information! The Camp Office is staffed on a part time basis until camp begins. Your quickest response will be email: run@brevarddistancerunnerscamp.com. During camp you can use this number to reach our on campus office full time: (828) 883-2399