



## 2024 SUMMER RUNNING IN BREVARD

"All You Need to Know about Distance Camp!"

### DIRECTIONS TO BREVARD:

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

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

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

### WHAT TO BRING:

- 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
- Casual Clothes & Shoes (dance on Fri night)
- Swimsuit
- Personal Toiletries
- Medicine if needed (can be given to the medical staff IF camper needs help administering)-see below for more info
- 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](#).
- Insect Repellent
- Costume for John Rock Graduation run (optional)
- Yoga Mat (optional)
- White T-shirts for tie dye (optional)
- Recommended: Bring at home COVID test (in case of symptoms) Our medical staff will administer.
- Masks-reusable or disposable in case of sickness
- Hand sanitizer & hand soap for your bathroom
- KT Tape if needed-PT/Nurse can apply

### COMMUNICABLE DISEASE SAFETY MEASURES (COVID 19, FLU, RSV)

We will not require testing for camp 2024. It is important that you decrease exposure activities within 7 days of arrival to camp and take an at home test 24 hours prior to arrival. We will not be checking or requiring results however we trust that you will follow this guideline to keep all of our campers, coaches and staff safe. If anyone is exhibiting symptoms (of any sort) even with a negative test, we ask that you stay home. Masks will be optional however we reserve the right to change according to risk during camp. While many activities will be outdoors to minimize risk, we encourage anyone who is immunocompromised or not vaccinated to wear masks indoors as well as anyone with a personal preference. In the event of a breakout or camper exhibiting symptoms while at camp, we have quarantine guidelines and notify parents. If a camper presents Covid or Flu symptoms, our onsite medical staff will assess and have access to testing as appropriate. If a camper is found to be positive, we will notify the parents to make plans for them to return home asap. They will be kept in quarantine until the parent arrives. If positive, campers should not return home on public or group transportation according to CDC guidelines.

### ALLERGIES/MEDICINE?

You **MUST** bring your own EPI-PEN if you are allergic to bee stings or have severe food allergies AND carry it with you at all times including on runs for bee stings. You **MUST** bring any prescribed inhalers and run with those as well as any prescribed medicine that could be needed in the event of an emergency. We recommend a small fanny to carry those on your run. You must add any allergies, prescribed medications, and/or medical conditions to your registration form for the medical staff to be aware of and they will see the nurse at check in if anything is listed. If a camper goes on medication after you registered, be sure to log back in to add it to their registration form. Medicines will be checked for expiration by the medical staff upon arrival and must be in date during the session. If medications could be needed while running, make sure you send them with current medications. If applicable to running, expired medicine will result in a camper not being able to run until we have medication within date. We request that any antipsychotic or antidepressant medication be administered in the clinic to ensure consistency is maintained.

### 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 now air-conditioned. You will need linens and pillows 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 or by your coach in advance.

**AIR/FLIGHT 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 on our website-[MUST BE AT LEAST 2 WEEKS PRIOR TO ARRIVAL. COACHES, STAFF AND CAMPERS MUST ALL FILL THIS OUT IF NEEDING TRANSPORTATION TO/FROM AIRPORT.](#)

**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. Our staff will lead a few afternoon runs on Sunday-exact times (usually around 2:30, 3 and 4pm) will be provided upon check in. We are not able to accommodate extra nights before, after or during sessions.

**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 payable to BDRC 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 a credit card at any time prior to July 1st. You can mail a personal check prior to June 15<sup>th</sup>. After June 15<sup>th</sup>, you can mail a money order or cashier's check. Mail checks to BDRC, PO Box 1940, Brevard NC 28712. 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** (no personal checks) payable to Brevard Distance Runners Camp.

**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 and you must use the email that you registered with to log back in. 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)**

- 6:00 am to 8:00 am Morning Runs in Forest
- 7:00 am to 8:30 am Breakfast
- 10 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 to 2:30 pm Learn by Doing/Challenge Courses
- 2:30 pm to 5:00 pm Run/Aerobics/Circuits
- 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

**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 (USPS or 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. **DO NOT SEND PACKAGES TO BREVARD COLLEGE**-they will be refused.

**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](mailto:run@brevarddistancerunnerscamp.com). During camp you can use this number to reach our on campus office full time: (828) 883-2399