

Brevard Distance Runners Camp  
Information Handbook  
2026



PO Box 1940  
Brevard, NC 28712

[www.brevarddistancerunnerscamp.com](http://www.brevarddistancerunnerscamp.com)

# **General Information**

## **Summer 2026 Program Dates**

Week 1: July 5<sup>th</sup> – 11<sup>th</sup>

Week 2: July 12<sup>th</sup> – 18<sup>th</sup>

Week 3: July 19<sup>th</sup> – 25<sup>th</sup>

## **Administrative Staff and Phone Numbers**

Your quickest response will be email: [run@brevarddistancerunnerscamp.com](mailto:run@brevarddistancerunnerscamp.com)

During Camp: Camp Cell (for same day needs): (828) 883-2399

## **Check List**

- Finish Registration
- Pay Balance Due
- Upload Insurance Card & Immunization Records
- Review Arrival (drop off) & Departure (Pick Up) hours
- Fill out [flight information](#) at least 2 weeks before camp (if flying to camp)
- Pack for camp (see what to bring list)
- Bring \$50 key deposit to check in day

# **Finish Registration:**

## **ACTIVE ACCOUNT LOGGING BACK IN: SAVE YOUR PASSWORD!**

You will need to log back in to pay your final balance, 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.

## **BALANCE DUE:**

You can pay the balance due online with a credit card up to 72 hours before the applicable camp start date. Before June 15th, you can mail a personal check to save the credit card fees (just subtract the CC fees for check amount). Mail checks to BDRC, PO Box 1940, Brevard NC 28712. The check amount will be added to your account on our end. If you reflect a \$0 balance prior to arrival, it will fast track you through registration. If you prefer to bring the balance with you on registration day, you can only pay with cash, money order, or certified check only (no personal checks) payable to Brevard Distance Runners Camp.

## **KEY DEPOSIT:**

A \$50.00 key deposit is collected from each camper and coach at registration. The key deposit **MUST** be a separate personal check payable to BDRC or \$50 cash brought to check in/registration on the day your session begins. The \$50 check or cash will be returned at check-out only with the return of the campers key and keycard. We will not return deposits by mail and ask that you do not send this ahead of time.

## **AIR/FLIGHT TRANSPORTATION:**

We will provide transportation to & from the Asheville, NC Airport **ONLY** (AVL). Transportation from the airport is **FREE** with an advance (2 weeks prior) 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. Even if you are only flying one way you will need to fill this form out. Make your shuttle reservation with this link (link can also be found on our website):

[Link to fill out shuttle form here](#)

**MUST BE FILLED OUT AT LEAST 2 WEEKS PRIOR TO ARRIVAL. ALL COACHES, STAFF AND CAMPERS MUST ALL FILL THIS OUT IF NEEDING TRANSPORTATION TO/FROM AIRPORT. EVEN IF YOUR ENTIRE TEAM IS ON THE SAME FLIGHT. WE MUST HAVE EACH INDIVIDUAL'S NAME ON THIS LIST! YOU RISK WAITING ON THE NEXT SHUTTLE IF WE ARE FULL AND YOUR NAME IS NO ON THE LIST.**

## **Arrivals/Departures:**

### **ARRIVAL/CHECK IN/DROP OFF:**

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. Upon arrival, you will go through a guided registration process to turn in your key deposit and get your room assignment, key, and tshirt. Please upload your insurance card prior to arrival. Balance due options are enclosed but any outstanding balances will be collected at check in. Our staff will lead a few afternoon runs on Sunday- (usually around 3 and 4pm); exact times will be provided upon check in. Late arrivals will check in at the Camp Office in the Gymnasium during the ice cream social. We are not able to accommodate extra nights before, after or during sessions. Boshamer Gym Address: **695 Kings Creek Loop, Brevard, NC 28712**

### **CHECK OUT/PICK UPS:**

Campers need to be picked up Saturday of their session end date by **9:00 AM**. You can pick up your child at their dorm. Rooms must be clear of trash and keys must be turned in by 9 am to get the key deposit back. Flights should depart between 6 AM & 2 PM and they will get shuttle information on Friday evening.

### **CAMP FACILITIES:**

BDRC is hosted on the Brevard College campus. 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. Both campers must list each other on their Active registration under roommate request for this to be granted. Otherwise, roommates are assigned on the day of arrival during registration or by your coach in advance.

### **WHERE TO SEND MAIL FOR CAMPERS:**

#### **Letters:**

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

#### **To Send a package to the PO box:**

BDRC Campers Name  
159 West Main St, Unit 1940  
Brevard, NC 28712

Note: Only FedEx ground economy packages can be sent to a PO Box. Ask your local Fedex before sending. **DO NOT SEND LETTERS OR PACKAGES TO BREVARD COLLEGE**-they will be refused.

### **NIKE AND CHARLOTTE RUNNING COMPANY PARTNERSHIP:**

We are excited to continue our partnership with Nike and the Charlotte Running Company. Aside from some awesome gear and giveaways. Charlotte Running Company will be setting up a shop and offering a 15% discount on Nike products. Make sure you bring some extra spending money (cash, card or apple pay) and check out the store to gear up for next season! If you want to shop in advance, check out this [link here](#)

# **Preparing for Camp:**

## **WHAT TO PACK/BRING:**

- Running Apparel for 6 days (2x/day) Keep in mind we will run in the rain. Laundry machines are on site.
- 2-3 Pairs of Running Shoes, preferably one pair of trail running shoes (We run on forest trails in the am)
- Water Bottle (water bottles will NOT be given out this year)
- Linens for single/twin bed XL (accommodations are in the college dorm rooms)
- Pillow, blanket and/or sleeping bag
- Towels for shower, creek and waterfall soaks
- Hand sanitizer & hand soap for your bathroom
- Personal Toiletries
- Casual Clothes & Shoes (dance on Fri night)
- Insect Repellant, Sunscreen
- Swimsuit (Optional)
- Costume for John Rock Graduation run (optional)
- Yoga Mat (optional)
- White T-shirts for tie dye (optional)
- Spending Money for pizza, snacks, shakes, Nike Store, 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
- 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
- Medicine if needed (Give to the medical staff IF a controlled substance or needs help administering)

## **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. 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. If medications could be needed while running, make sure you send them with current medications. Expired medicine will result in a camper not being able to run until we have medication within date. 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 medical staff 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. We request that any medication on the schedule of controlled substances be administered by the medical staff.

## **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 (Recreation Noon to 1:45)
- 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