



MKTRC Tentative Camp Schedule

Arrival Day:

12-2: Arrival: 12-2pm

3-4: Camp Intro, Introductions, Orientation, Expectations

4-5: Short easy run

5:30-7: Dinner

7-9: Trail Etiquette Talk, Training, Nutrition, Ultras, Gear, Next day planning

Day 1:

6:30: Wake Up

7-8:30: Breakfast

9-12: Map Reading, Compass, Orienteering Course

12-1:30: Lunch

1:30-4: Load vans for trail run. Easy 5-6mi mellow trail run.

4-5:30: Free Time

5:30-7: Dinner

7-8:30: Intro to Big Day. How to be with yourself in the wilderness

Day 2: Big Day

5:30: Wake Up

6-7: Breakfast and make lunches

8: Leave camp for a very cool long adventure

Back at Camp with free time

Day 3:

7: Wake up

7:30-8:30: Breakfast and make lunches

9-11: Run, Forest talk(forest health, uses, management, rules)

11-3: Clean up camp, break down, move camp, set up new camp

4:30-5:30: Early Dinner

6:30: Load up for run

7-10: Sunset run (short)

10:30: Sundae Extravaganza and campfire

Day 4:

6: Wake Up

6:45: Load vans w/ Breakfast in vans w/ snack for after

7:30: Trail Run

9:30: Head back to camp

10-11: Clean up and pack up for departure