

Blue Ridge Running Camp 2026



Camper Packet

Important Information

ARRIVAL/DEPARTURE: Plan to arrive anytime between 1:00 PM and 3:00 PM on Sunday July 26 and depart before noon (our last meeting will be over around 11:00 AM) on Friday, July 31. We cannot check anyone in before 1:00 PM on Sunday so please do not come to campus before 12:45 PM. Campers will be ready to leave camp by 11:00 AM on Friday and should be picked up at their dorm.

Camp is located at Eastern Mennonite University. The street address is **1200 Park Road, Harrisonburg, VA 22802**. Check-in will take place in the University Commons.

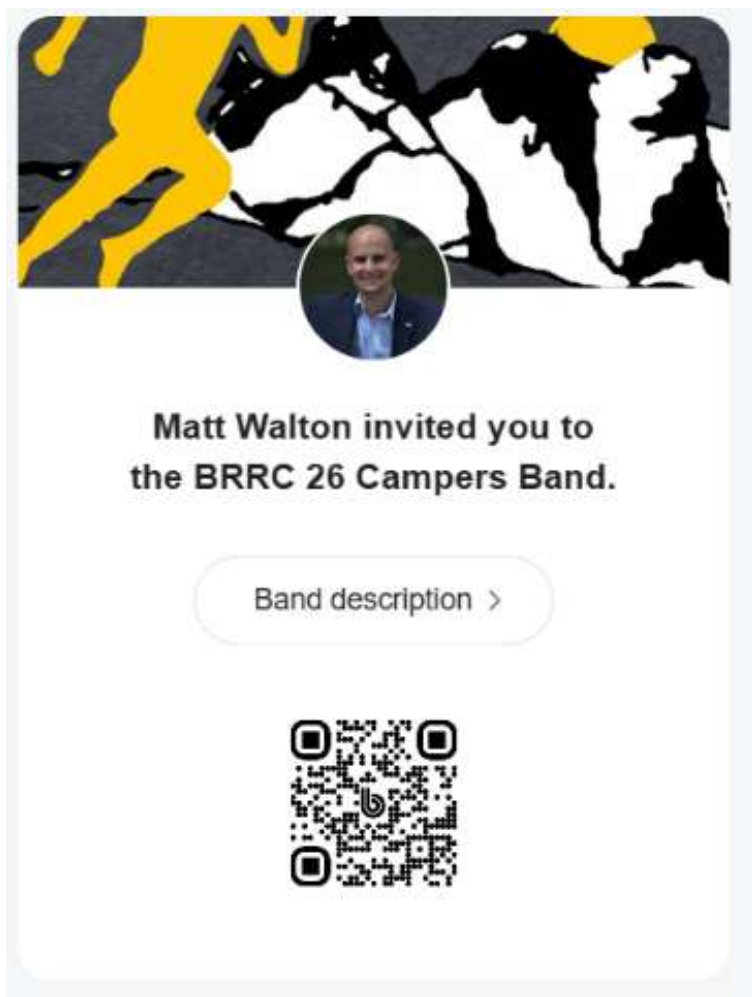
WHAT TO BRING:

- 1) **Physical:** **ONLY** if you have NOT already submitted the physical online or emailed it to [Dan Ireland](#). You can use the VHSL form. The physical date must be within one calendar year of camp. If you do bring it to camp, please make sure it is a copy; keep the original for your school.
- 2) **Medications:** If your child will have any medication (prescription or over the counter) with them at camp, you must fill out the medication form that can be downloaded from the website. This should be sent with your child to camp on Sunday during registration or emailed to [Dan Ireland](#). These will remain on file with our Athletic trainers. We will have two licensed athletic trainers on campus throughout the week. If there are any medical needs for your camper and you would like to speak with a trainer, trainers will be available during check-in on Sunday to talk with parents.
- 3) Room keys and swipe cards will be provided. **Please bring 2 checks, \$50.00 for a key deposit and \$10.00 for the swipe card deposit.** Both checks will be returned to you when you turn your key and swipe card in at the end of the week. Checks need to be made separate from registration money and should be **made out to EMU.**
- 4) Bedding: sheets for a twin bed, blanket, and pillow
- 5) Shower items: at least two towels, shampoo, soap, washcloth
- 6) Running outfits (you will run twice a day)
- 7) At least two pairs of running shoes and plenty of socks
- 8) Jacket, sweatshirt, rain gear
- 9) Casual clothes and shoes
- 10) Sleepwear
- 11) Water bottle and drawstring bag to carry around belongings (make sure they are labeled)
- 12) Personal items: sunscreen, toothbrush, toothpaste, deodorant, etc
- 13) You may bring snacks and drinks that you can leave in your room or place in the lounge refrigerators. If you use these refrigerators, make sure to label all your items.

14) Spending money is needed if you wish to shop in the camp store or take advantage of the pizza delivery services available each night. A camp T-shirt, water bottle and a few other items are included in your registration fee. Other shirts, shorts, hats, books, etc. will be available for sale at the camp store, most items range from \$10.00 to \$50.00. A privately owned running store in Virginia ([Lucky Road](#)) will be at camp all week. They will have many running apparel items as well as shoes for sale. They take cash, check, or credit card.

15) A coin operated laundry facility, snack area, rec room, track, and other recreational facilities will be available for your use.

BAND APP: We use the Band App to send out notifications throughout the week. Campers should sign up for Blue Ridge Running alerts that will be sent out with important information throughout the week. Use the QR code below to join. Parents are welcome to sign up as well if they would like to read our day-to-day announcements.



Blue Ridge Running Schedule 2026

Sunday - July 26

1:00 – 3:00pm	Camper Registration: EMU - University Commons
4:00pm	Meet in the Quad for a brief workout/short run for the entire camp
6:00-7:00pm	Dinner
7:00-8:00pm	Free time for campers
8:00pm	Welcome Session in Lehman Auditorium for the entire camp
10:30pm	In your own dorm room
10:45pm	In your own room – dorm counselors will be doing a room check
11:00pm	Lights out

Monday – July 27

6:10am	Wake Up
6:30am	Meet on EMU Outdoor Track for morning run
8:00-9:00am	Breakfast – Yellow 8:00am / Green 8:15am / Red 8:30am
8:30-10:00am	Free time for campers (Gait Analysis - Q&A on shoes also – East Dining Room)
10:00am	Morning Session in Lehman Auditorium for the entire camp
12:00-1:00pm	Lunch – Green 12:00pm / Red 12:15pm / Yellow 12:30pm
1:15-2:15pm	Team Challenge
2:30pm	Meet in Quad for afternoon run
6:00-7:00pm	Dinner - Red 6:00pm / Yellow 6:15pm / Green 6:30pm
7:00-7:30pm	Domino Pizza Order
7:00-8:00pm	Free Time
8:00pm	Evening Session in University Commons -Basketball Gym for the entire camp
9:30-10:30pm	Free Time
10:30pm	In your own dorm for a floor meeting with counselors
10:45pm	In your own room
11:00pm	Lights out

Tuesday – July 28

6:10am	Wake Up
6:30-7:30am	Meet on EMU Outdoor Track for morning run
8:00-9:00am	Breakfast – Yellow 8:00am / Green 8:15am / Red 8:30am
8:30-10:00am	Free time for campers (Gait Analysis - Q&A on shoes also – East Dining Room)
10:00am	Morning Session in Lehman Auditorium for entire camp
10:30am	Mini Sessions
12:00-1:00pm	Lunch – Green 12:00pm / Red 12:15pm / Yellow 12:30pm
2:00pm	Meet in Quad for afternoon run
6:00-7:00pm	Dinner - Red 6:00pm / Yellow 6:15pm / Green 6:30pm
7:00-7:15pm	Domino Pizza Order
7:15-8:00pm	Team Challenge
8:15pm	Evening Session in Lehman Auditorium for the entire camp
9:45-10:30pm	Free Time
10:30pm	In your own dorm room
10:45pm	In your own room – dorm counselors will be doing a room check
11:00pm	Lights out

Wednesday – July 29

6:10am	Wake Up
6:30-7:30am	Meet on EMU Outdoor Track for morning run
8:00-9:00am	Breakfast – Yellow 8:00am / Green 8:15am / Red 8:30am
8:30-10:00am	Free time for campers (Gait Analysis - Q&A on shoes also – East Dining Room)
10:00am	Morning Session in Lehman Auditorium for the entire camp
12:00-1:00pm	Lunch – Green 12:00pm / Red 12:15pm / Yellow 12:30pm
1:30-3:00pm	Team Challenge
3:30-4:15pm	Dorm Clean Up
4:15pm	Afternoon Session in Lehman Auditorium for the entire camp
4:30pm	Mini Sessions
6:00-7:00pm	Dinner - Red 6:00pm / Yellow 6:15pm / Green 6:30pm
7:00-7:30pm	Domino Pizza Order
7:00-8:00pm	Free Time
8:00pm	Evening Session - University Commons – Basketball Gym - entire camp - YOGA
9:30-10:30pm	Free Time
10:30pm	In your own dorm for a floor meeting with counselors
10:45pm	In your own room
11:00pm	Lights out

Thursday – July 30

6:10am	Wake Up
6:30-7:30am	Meet on EMU Outdoor Track for morning run
8:00-9:00am	Breakfast – Yellow 8:00am / Green 8:15am / Red 8:30am
8:30-10:00am	Free time for campers (Gait Analysis - Q&A on shoes also – East Dining Room)
10:00am	Morning Session in Lehman Auditorium for the entire camp
10:30am	Mini Sessions
12:00-1:00pm	Lunch – Green 12:00pm / Red 12:15pm / Yellow 12:30pm
1:15-2:15pm	Team Challenge
2:30pm	Meet in Quad for afternoon run
6:00-7:00pm	Dinner - Red 6:00pm / Yellow 6:15pm / Green 6:30pm
7:00-7:30pm	Domino Pizza Order
7:00-8:00pm	Free Time
8:00pm	Evening Session in Lehman Auditorium for the entire camp
11:00pm	In your own dorm room
11:30pm	In your own room – dorm counselors will be doing a room check
11:45pm	Lights out

Friday – July 31

6:10am	Wake Up
6:30am	Meet on EMU Outdoor Track for morning run
7:15-8:15am	Breakfast
8:15-9:30am	Checkout process
10:00am	Lehman Auditorium – Closing Ceremonies for the entire camp
11:00am	Camp Ends

IF YOU NEED ASSISTANCE DURING CAMP: Call (574) 532-1414 – Tim Connelly

EMU Campus Map



1200 Park Road
Harrisonburg VA 22802
Phone: 540-432-4000

PARKING KEY

- R** Residential
- V** Visitor
- F/S** Faculty/Staff
- C** Commuter
- H** Handicapped
- X** Restricted

BUILDING KEY

- ☆** Information
- ⚽** Public restrooms
- 🍽️** Food
- 📖** Academic
- 🏠** Residential

CAMPUS DIRECTORY

Art Center, Esther K. Augsburg	35
Bomberger House	23
Campus Center	1
Cedarwood	27
Center for Justice & Peacebuilding / Martin Store	16
Discipleship Center	39
Dorothy Heatwole House	30
Elmwood	29
Ernest Martin House	22
Eshleman House	32
Gnagey House	31
Grad Programs / Heatwole II (Ammon)	8
Guild	36
Hartzler (Sadie) Library	5
Guest House / Heatwole House	9
Hillside Suites	33
Lehman Auditorium	6
MA in Biomedicine/ Rutt Annex D	41
MA in Biomedicine/ Rutt Annex E	42
MA in Biomedicine/ Rutt House	19
Maplewood	28
Marketing / Anderson House	20
Mt. Clinton Apartments	10
Music Studios / Lehman House	11
Northlawn	2
Observatory	38
Park Cabin	25
Parkwood Apartments	24
Physical Plant	26
President's Residence / 1919 Park Rd	40
Redmond House	17
Roselawn	34
Seminary	7
SPI / H.D. Weaver House	15
STAR / Brunk House	14
Suter House	13
Suter Science Center	4
SVCC / Blosser House	12
Village Apartments	18
University Commons	3
WEMC / Astral Hall	37

www.emu.edu/map



OFFICE AND DEPARTMENTAL DIRECTORY

(Building number and phone ext. Add prefix 432 from off-campus (local); Add 540-432 long-distance)

Academic Support Center	5	4254	Dining Hall	2	4311	Music Dept.	6	4225
Admissions, Undergrad	1	4118	Discovery Room	5	4233	Music Studios	11	4242
Admissions, Seminary	7	4257	Education Dept.	1	4142	Nursing Dept.	1	4186
Adult Degree Completion Program	1	4982	Financial Assistance	1	4137	Physical Education & Recreation Dept.	3	4440
Advancement	1	4203	Fitness Center	3	4341	Physical Plant	26	4390
Alumni/Parent Relations	1	4294	Game Room	3	4375	Post Office	1	4253
Apartment Rentals	3	4662	Graduate Programs	8	4025	Preparatory Music	5	4277
Applied Social Sciences Dept.	34	4450	Health Services	3	4317	President's Office	1	4100
Art Galleries			Help Desk/User Services	5	4357	Printing Services	26	4543
Sadie Hartzler Library	5		History Dept.	34	4408	Provost	1	4105
Student Gallery	3		Housing/Residence Life	3	4128	Psychology Dept.	34	4400
Athletics	3	4440	Human Resources	1	4049	Recreational Sports	3	4133
Auxiliary Services	3	4662	Information Office	1	4000	Registrar	1	4110
Bach Festival	6	4652	Information Systems	1	4357	Royals' Den (snack shop)	3	4335
Bible & Religion Dept.	34	4463	Institutional Research	1	4304	Security	26	4911
Biology Dept.	4	4400	Intensive English Program	34	4059	Seminary	7	4260
Bookstore	3	4250	International Student Services	3	4459	Shenandoah Valley Children's Choir	12	4650
Box Office	3	4582	Language & Literature Dept.	34	4168	Sports Information Office	3	4441
Business & Economics Dept.	1	4150	Library	5	4175	STAR Program	14	4651
Business Office	1	4575	MA in Biomedicine	19	4338	Strite Conference Suite	1	
Campus Ministries	3	4196	MA in Counseling	7	4243	Student Government	3	4135
Career Services	3	4131	MA in Education	1	4350	Student Life	3	4135
Center for Justice and Peacebuilding	16	4490	MainStage Theater	3		Studio Theater	3	
Chemistry Dept.	4	4400	Marketing & Communications	20	4056	Summer Peacebuilding Institute	15	4653
Church Relations	1	4589	Martin Chapel	7		Theater Dept.	3	4360
Common Grounds Coffeehouse	3	4675	Mathematical Sciences Dept.	4	4400	Undergraduate Dean	1	4141
Computer Labs	1, 4, 5		MBA	1	4150	Visual & Communication Arts Dept.	3, 35	4360
Congregational Resource Center	7	4219	MS in Nursing	1	4186	Weather Vane	28	4338
Counseling Services	3	4317	Multicultural Programs	3	4458	Weaver Wellness Suite	3	4317
Cross-Cultural Program	1	4591	Museum (D. R. Hostetter)	4	4400	Yoder Arena (gymnasium)	3	
Development	1	4200						

Spirit Wear

Recognition will be given daily to the best dressed voted on by a group of coaches. Wear your outfit out for a run or just hanging out throughout the day. Take your picture, post to Instagram, and tag us @brrcamp. Entries must be submitted by 7:00pm daily. Best dressed will be recognized each day at the evening session.

School Spirit Sunday: Come dressed in your high school spirit wear!

'Merica Monday: Dress in your favorite USA gear!

Tourist Tuesday: Come dressed like a tourist!

World Cup Wednesday: Come dressed as your favorite World Cup team!

Christmas in July Thursday: Come dressed as your favorite Christmas item!

Future Friday: Come dressed in your future college gear or dressed for your future career!

Groups for Meals & Mini Sessions

RED

A - Hanover, James River, Oak Knoll Middle

B - Atlee, Deep Run, Monticello

C - Colgan, Colonial Forge, Glen Allen, New Kent

YELLOW

D - Cape Fear, Century, Falls Church, Franklin County, Millbrook, Rocktown, Skyline Middle, Strasburg

E - Ocean Lakes, Tabb, York High

F - Central, Chantilly, Louisa County, Midlothian, J.R. Tucker, Woodside

GREEN

G - Chickahominy Middle, Collegiate, Culpeper Middle, Hornsby Middle

Independence Middle, Lightridge, Locust Grove Middle, Mary Ellen Henderson Middle, Meridian, Montgomery Blair, Mt. Lebanon, Ni River Middle, Ormond Stone Middle, Shady Spring, Warhill

H - Agnes Irwin, Blessed Sacrament Huguenot, Douglas Freeman, Georgetown Day, Greenville Middle, RKA, St. Anne's - Belfield, St. Catherine's, St. Christopher's, St. Gertrude, Tandem Friends, Trinity Academy

I - Bethesda Chevy Chase, Albemarle, Bath County, Broadway, Carlisle, Carrollton, DC International, Forest Park, Harrisonburg, Hickory, Kempsville, King George, Lafayette, Loudoun Valley, Lowell, Manchester, Patrick Henry, Pulaski County, Radford, Spotswood, William Monroe, Wilson Memorial, Woodgrove, Yorktown

Team Challenge Information

TEAM Challenge Meeting Times

Monday	1:15 - 2:15pm
Tuesday	7:15 - 8:00pm
Wednesday	1:30 - 3:00pm
Thursday	1:15 - 2:15pm

All campers will meet on the stairs between Lehman Auditorium and the cafeteria. Campers are to sit with their teammates. Once instructions for the challenge have been given, teams will move to different locations to complete the challenge. Information and materials for each challenge will be provided to each group once camp begins. Be ready to have FUN and enjoy some friendly competition!

1. Hanover, Oak Knoll Middle
2. Tabb, York
3. Chantilly, Collegiate, Deep Run, Lightridge
4. Atlee, Cape Fear
5. Douglas Freeman, James River, Monticello, Ocean Lakes
6. Colgan, J.R. Tucker
7. Central, Falls Church, Franklin County, Glen Allen, Millbrook, RKA, Rocktown, Woodside
8. Century, Colonial Forge, Louisa County, Midlothian, New Kent, Strasburg
9. Bethesda Chevy Chase, Chickahominy Middle, Culpeper Middle, Hornsby Middle, Independence Middle, Locust Grove Middle, Mary Ellen Henderson Middle, Meridian, Montgomery Blair, Mt. Lebanon, Ni River Middle, Ormond Stone Middle, Warhill
10. Agnes Irwin, Blessed Sacrament Huguenot, DC International, Georgetown Day, Greenville Middle, Skyline Middle, St. Anne's - Belfield, St. Catherine's, St. Christopher's, St. Gertrude, Tandem Friends, Trinity Academy
11. Albemarle, Bath County, Broadway, Carlisle, Carrollton, Forest Park, Harrisonburg, Hickory, Kempsville, King George, Lafayette, Loudoun, Lowell, Manchester, Patrick Henry, Pulaski County, Radford, Shady Spring, Spotswood, William Monroe, Wilson Memorial, Woodgrove, Yorktown

Mini Sessions

Tuesday Morning / Wednesday Afternoon / Thursday Morning

How it Works:

- On Tuesday morning/Wednesday afternoon/Thursday morning, your meal group (red, yellow, or green) will be assigned a set of mini sessions to attend.
- Once you are in your building, your "letter" group will report to an assigned room and remain there for the entire session. The speakers will rotate rooms.
- Each session will last for approximately 25 minutes.
- Take advantage of all the coaches and college counselors that are sharing information with you. Ask questions and be attentive!

RED MEAL GROUP A – Hanover, James River, Oak Knoll Middle			
Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	Campus Center 203	College Runner's Panel
Tuesday	11:00 – 11:25	Campus Center 203	Power of Positive Thinking & Visualization
Tuesday	11:30 – 11:55	Campus Center 203	Grit & Tenacity
Wednesday	4:30 – 4:55	Science Center 103	Workout Mentality & Race Strategy
Wednesday	5:00 – 5:25	Science Center 103	College Coaches Panel
Wednesday	5:30 – 5:55	Science Center 103	SAT / ACT
Thursday	10:30 – 10:55	University Commons 124	Race Day & Workout Day Preparation
Thursday	11:00 – 11:25	University Commons 124	Circuit, Lifting, HIIT Training for Runners
Thursday	11:30 – 11:55	University Commons 124	Nutrition

RED MEAL GROUP B – Atlee, Deep Run, Monticello			
Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	Science Center 103	Circuit, Lifting, HIIT Training for Runners
Tuesday	11:00 – 11:25	Science Center 103	Nutrition
Tuesday	11:30 – 11:55	Science Center 103	Race Day & Workout Day Preparation
Wednesday	4:30 – 4:55	University Commons 124	College Runner's Panel
Wednesday	5:00 – 5:25	University Commons 124	Power of Positive Thinking & Visualization
Wednesday	5:30 – 5:55	University Commons 124	Grit & Tenacity
Thursday	10:30 – 10:55	Campus Center 203	Workout Mentality & Race Strategy
Thursday	11:00 – 11:25	Campus Center 203	College Coaches Panel
Thursday	11:30 – 11:55	Campus Center 203	SAT / ACT

RED MEAL GROUP C – Colgan, Colonial Forge, Glen Allen, New Kent			
Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	University Commons 124	College Coaches Panel
Tuesday	11:00 – 11:25	University Commons 124	SAT / ACT
Tuesday	11:30 – 11:55	University Commons 124	Workout Mentality & Race Strategy
Wednesday	4:30 – 4:55	Campus Center 203	Circuit, Lifting, HIIT Training for Runners
Wednesday	5:00 – 5:25	Campus Center 203	Nutrition
Wednesday	5:30 – 5:55	Campus Center 203	Race Day & Workout Day Preparation
Thursday	10:30 – 10:55	Science Center 103	College Runner's Panel
Thursday	11:00 – 11:25	Science Center 103	Power of Positive Thinking & Visualization
Thursday	11:30 – 11:55	Science Center 103	Grit & Tenacity

YELLOW MEAL GROUP D – Cape Fear, Century, Falls Church, Franklin County, Millbrook, Rocktown, Skyline Middle, Strasburg

Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	Campus Center 229	Power of Positive Thinking & Visualization
Tuesday	11:00 – 11:25	Campus Center 229	Grit & Tenacity
Tuesday	11:30 – 11:55	Campus Center 229	College Runner's Panel
Wednesday	4:30 – 4:55	Science Center 109	College Coaches Panel
Wednesday	5:00 – 5:25	Science Center 109	SAT / ACT
Wednesday	5:30 – 5:55	Science Center 109	Workout Mentality & Race Strategy
Thursday	10:30 – 10:55	University Commons 211	Circuit, Lifting, HIIT Training for Runners
Thursday	11:00 – 11:25	University Commons 211	Nutrition
Thursday	11:30 – 11:55	University Commons 211	Race Day & Workout Day Preparation

YELLOW MEAL GROUP E – Ocean Lakes, Tabb, York High

Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	Science Center 109	Nutrition
Tuesday	11:00 – 11:25	Science Center 109	Race Day & Workout Day Preparation
Tuesday	11:30 – 11:55	Science Center 109	Circuit, Lifting, HIIT Training for Runners
Wednesday	4:30 – 4:55	University Commons 211	Power of Positive Thinking & Visualization
Wednesday	5:00 – 5:25	University Commons 211	Grit & Tenacity
Wednesday	5:30 – 5:55	University Commons 211	College Runner's Panel
Thursday	10:30 – 10:55	Campus Center 229	College Coaches Panel
Thursday	11:00 – 11:25	Campus Center 229	SAT / ACT
Thursday	11:30 – 11:55	Campus Center 229	Workout Mentality & Race Strategy

YELLOW MEAL GROUP F – Central, Chantilly, Louisa County, Midlothian, J.R. Tucker, Woodside

Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	University Commons 211	SAT / ACT
Tuesday	11:00 – 11:25	University Commons 211	Workout Mentality & Race Strategy
Tuesday	11:30 – 11:55	University Commons 211	College Coaches Panel
Wednesday	4:30 – 4:55	Campus Center 229	Nutrition
Wednesday	5:00 – 5:25	Campus Center 229	Race Day & Workout Day Preparation
Wednesday	5:30 – 5:55	Campus Center 229	Circuit, Lifting, HIIT Training for Runners
Thursday	10:30 – 10:55	Science Center 109	Power of Positive Thinking & Visualization
Thursday	11:00 – 11:25	Science Center 109	Grit & Tenacity
Thursday	11:30 – 11:55	Science Center 109	College Runner's Panel

GREEN MEAL GROUP G – Chickahominy Middle, Collegiate, Culpeper Middle, Hornsby Middle, Independence Middle, Lightridge, Locust Grove Middle, Mary Ellen Henderson Middle, Meridian, Montgomery Blair, Mt. Lebanon, Ni River Middle, Ormond Stone Middle, Shady Spring, Warhill

Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	Campus Center 105	Grit & Tenacity
Tuesday	11:00 – 11:25	Campus Center 105	College Runner's Panel
Tuesday	11:30 – 11:55	Campus Center 105	Power of Positive Thinking & Visualization
Wednesday	4:30 – 4:55	Science Center 107	SAT / ACT
Wednesday	5:00 – 5:25	Science Center 107	Workout Mentality & Race Strategy
Wednesday	5:30 – 5:55	Science Center 107	College Coaches Panel
Thursday	10:30 – 10:55	University Commons 177	Nutrition
Thursday	11:00 – 11:25	University Commons 177	Race Day & Workout Day Preparation
Thursday	11:30 – 11:55	University Commons 177	Circuit, Lifting, HIIT Training for Runners

GREEN MEAL GROUP H – Agnes Irwin, Blessed Sacrament Huguenot, Douglas Freeman, Georgetown Day, Greenville Middle, RKA, St. Anne's – Belfield, St. Catherine's, St. Christopher's, St. Gertrude, Tandem Friends, Trinity Academy

Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	Science Center 107	Race Day & Workout Day Preparation
Tuesday	11:00 – 11:25	Science Center 107	Circuit, Lifting, HIIT Training for Runners
Tuesday	11:30 – 11:55	Science Center 107	Nutrition
Wednesday	4:30 – 4:55	University Commons 177	Grit & Tenacity
Wednesday	5:00 – 5:25	University Commons 177	College Runner's Panel
Wednesday	5:30 – 5:55	University Commons 177	Power of Positive Thinking & Visualization
Thursday	10:30 – 10:55	Campus Center 105	SAT / ACT
Thursday	11:00 – 11:25	Campus Center 105	Workout Mentality & Race Strategy
Thursday	11:30 – 11:55	Campus Center 105	College Coaches Panel

GREEN MEAL GROUP I – Bethesda Chevy Chase, Albemarle, Bath County, Broadway, Carlisle, Carrollton, DC International, Forest Park, Harrisonburg, Hickory, Kempsville, King George, Lafayette, Loudoun Valley, Lowell, Manchester, Patrick Henry, Pulaski County, Radford, Spotswood, William Monroe, Wilson Memorial, Woodgrove, Yorktown

Day	Time	Building/Room Number	Session
Tuesday	10:30 – 10:55	University Commons 177	Workout Mentality & Race Strategy
Tuesday	11:00 – 11:25	University Commons 177	College Coaches Panel
Tuesday	11:30 – 11:55	University Commons 177	SAT / ACT
Wednesday	4:30 – 4:55	Campus Center 105	Race Day & Workout Day Preparation
Wednesday	5:00 – 5:25	Campus Center 105	Circuit, Lifting, HIIT Training for Runners
Wednesday	5:30 – 5:55	Campus Center 105	Nutrition
Thursday	10:30 – 10:55	Science Center 107	Grit & Tenacity
Thursday	11:00 – 11:25	Science Center 107	College Runner's Panel
Thursday	11:30 – 11:55	Science Center 107	Power of Positive Thinking & Visualization

Blue Ridge Running Rules of the Road

- Check in with your group leaders at every run and TEAM Challenge. If you are going to the trainer, you must notify your group leaders first.
- Stay behind your group's leader during the entire run.
- Stay in front of your group's sweeper.
- Run single file on the roads and stay on the sidewalk when running from campus.
- Keep space in front of you so you can see obstacles
- On the trails you should run with your knees and feet up to avoid tripping.
- If in doubt about a turn, stay put and someone will come to show you the way.
- Always run with your assigned group
- Learn team running and cooperation with the other runners in your group
- Hydrate at every opportunity at every opportunity; water, sports drinks and juices work best.
- Bring a water bottle, towel and dry shirt to all afternoon runs.
- Make a note of your bus number and return on the same bus.
- Pay attention to coaches and counselors in case of a weather emergency.

Blue Ridge Running Rules for Success

- BE ON TIME AND ATTEND ALL ACTIVITIES
- ALWAYS WEAR SHOES WHEN YOU ARE NOT IN YOUR DORM ROOM
- WEATHER INFORMATION WILL BE SENT OUT VIA THE REMIND APP - PLEASE FOLLOW INSTRUCTIONS GIVEN
- LABEL ALL PERSONAL BELONGINGS. BLUE RIDGE RUNNING CAMP IS NOT RESPONSIBLE FOR ANY LOST OR STOLEN ITEMS WHILE PARTICIPATING IN CAMP
- STAY ON THE EMU CAMPUS AT ALL TIMES
- FOLLOW INSTRUCTIONS OF THE COUNSELORS AND STAFF
- KEEP THE DORMS AND GROUNDS CLEAN
- KEEP YOUR DOOR LOCKED
- CAMPERS SHOULD NEVER BE ALONE - ALWAYS USE THE BUDDY SYSTEM
- YOU ARE ALLOWED ONLY IN YOUR OWN DORM
- NO HATS IN THE CAFETERIA OR AUDITORIUM
- TREAT OTHER CAMPERS AND STAFF WITH RESPECT
- ZERO TOLERANCE FOR DRUGS AND ALCOHOL - YOU WILL BE SENT HOME AND EMU SECURITY WILL BE NOTIFIED
- TURN IN CAR KEYS DURING WELCOME SESSION ON SUNDAY EVENING SESSION - A LIST WILL BE COMPILED DURING CHECK-IN SUNDAY AFTERNOON
- THE USE OF PROFANITY OR INAPPROPRIATE LANGUAGE, WHETHER IT BE WRITTEN OR VERBAL IS NOT ACCEPTABLE

- INAPPROPRIATE USE OF CELL PHONE OR CELL PHONE CAMERA DURING CAMP IS NOT ALLOWED. BLUE RIDGE RUNNING CAMP RESERVES THE RIGHT TO CONFISCATE PHONES FOR THE DURATION OF CAMP
 - DAMAGING OR STEALING UNIVERSITY OR OTHER'S PROPERTY IS NOT ALLOWED. CAMP FEES DO NOT COVER PAYMENT FOR ANY LOST OR STOLEN ITEMS
 - NOTIFY A CAMP COACH AS SOON AS ANY PROBLEM ARISES, WHETHER IT BE BIG OR SMALL.
 - REFER TO THIS ONLINE PACKET FOR MINI SESSIONS INFORMATION
-

Important Information

CHILD SAFETY & PROTECTION

Blue Ridge Running Camp is committed to creating a safe environment that provides protection of all children and teens participating in the 2026 camp. For an appropriate level of supervision, a strict 17:1 ratio will be maintained. All members of the staff (including coaches, camp counselors, and overnight security) will have passed a legal and thorough background check before being allowed to work at camp in any capacity. In addition, all members of the staff will wear official Blue Ridge Running Camp identification while working at camp. Finally, all staff will have been properly trained to handle all emergency situations. Should a camper suspect any illegal or inappropriate behavior from another camper or staff member, it is asked they immediately report the activity to the Camp Director or a staff member.

DISMISSAL POLICY

There will be no refund for any camper dismissed from camp. Grounds for dismissal include but are not limited to vandalism; leaving a facility or dormitory unsupervised; the use of alcohol, drugs, or tobacco products; harassment and not following verbal instructions/rules. Blue Ridge Running Camp reserves the right to send a camper home if they do not conduct themselves in a manner that will enhance an atmosphere of proper and safe learning, good sportsmanship and willingness to follow directions. We expect that parents or guardians of campers will be available (by cell phone) during the duration of camp in the event that the camp director needs to speak with them about a camper's behavior.

MEDICATIONS / SPORTS MEDICINE

The "Parent Consent & Medical Waiver" is REQUIRED for all campers. This was part of your online registration process and is on file for each camper. Campers may carry medications to camp if such medications are to treat a potentially life-threatening condition, EPI-pens, and inhalers for asthma. To bring any medication (prescription or over the counter) to camp, a parent or guardian must submit the medication form to Tim Connelly so we can have that information on file with our Athletic Trainers. Blue Ridge Running Camp is not responsible for any medication mismanagement or abuse.

Note

A Health Care Supervisor will be present at every camp to help monitor all physical activity and provide minor medical treatment if need be. All campers will need direct permission from parents/guardians before the Health Care Supervisor can administer any treatment or medication ("Parent Consent & Medical Waiver"). All employed Health Care Supervisors are CPR/AED certified. We will have one full time trainer and three part time trainers on campus.

RECRUITING / SCHOLARSHIPS

While Blue Ridge Running Camp is not affiliated with any Universities, NCAA recruiting rules prohibit us from offering scholarships or other financial aid to campers. In addition, it is not permissible for boosters to cover any expenses for individuals to attend this camp. Expenses include, but are not limited to, lodging, meals, transportation, and/or camp registration fee. NCAA rules allow our staff to have recruiting conversations with campers during camp. Campers are advised not to bring recruiting videos or other recruiting materials to camp. The staff of Blue Ridge Running Camp must continue to follow NCAA recruiting rules that establish when coaches may and may not have contact with a prospective student-athlete (a student who has begun eleventh grade).