

2025 Tahoe Running Camp 6-Day Schedule (Rev 7/27/2025)

Mon, July 28th – Sat, Aug 2nd

10:00 PM Every Night = QUIET TIME! *Driving to/from Camp

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| Day #1 7/28 Mon | 8:45: Meet at MCHS to load up cars/trucks > *Leave MCHS by 10:00am 2:30: Check in Zephyr Cove Campground, unpack, set up tents and camp kitchen (early check-in 1pm) 4:30: 4-5 mile EZ shake-out run 6:30: Dinner! Hot Dogs, Beans and Salad 8:30-9:30: Campfire talk (Camp Staff + Alumni intros) |
| Day #2 7/29 Tue | 7:30: Wake-up/light breakfast 8:00-10:30: Short Run + CTT (Circuit Training & Torture) hosted by Alumni at GW High School 10:30-11:30: Breakfast: Build your own Breakfast Burritos 11:30-Noon: Camp Trivia + Shwag 12:00-2:00: FREE TIME (check-in 12:30 with assigned chaperone/back 2pm/ready for 2:30 departure) *2:30-5:30: Tahoe Rim Trail/Spooner Lake > Marlette Lake 6-7 mile run (~30 min drive to/from run) 5:30-6:30: Team Building Break-out 7:00: Dinner Pulled Pork Sandwiches, Mac Salad and Fruit 8:30-10:00: Campfire talk (Junior + Senior intros) |
| Day #3 7/30 Wed | 7:30: Wake-up/light breakfast 8:00-10:00: Tempo Run Workout at GW High School 10:00-11:00 Breakfast: Pancakes, Sausage and Fruit 11:00-Noon: Camp Trivia + Schwag Noon-2:00: FREE TIME (check-in at Noon with assigned chaperone) 2:00-4:00: Group Games at GW High School + EZ shake-out run 4:30-5:30: Team Building break-out 6:30: Dinner Taco's with all the fixings 8:30-9:30 Campfire talk (Sophomore + Freshman intros) |
| Day #4 7/31 Thu | 8:00 (sleep-in day!) Wake-up/light breakfast 9:00-10:30: 4-6 EZ pace Run + other activities 10:30-11:30: Breakfast: Build your own Breakfast Burritos 11:30-Noon: Camp Trivia + Shwag Noon-1:00: Team Building break-out 1:00-3:00: FREE TIME (check-in at 1:00 with assigned chaperone) 3:00-4:30: TBD Short Run or activity 4:30-6:00: FREE TIME 6:00-7:30: Load-up with Pasta, Green Salad and Bread 8:00-9:00: Campfire talk (Special Guest, Coach Danny Aldridge!) |
| Day #5 8/1 Fri | 6:00: Wake-up/light breakfast OYO before Spooner 12.2 mile run! *6:45: Leaving camp > Drive 20 minutes to Tahoe Rim Trail > launch 7:30am Noon-1:00: Return to Camp; Quick Lunch OYO 1:00-5:30: FREE TIME (check-in at 1:00 and 3:00 with assigned chaperone) 6:00-7:30: Pizza Dinner! 8:00-10:00: Campfire talk + Talent Contest (organized by Class) |
| Day #6 8/2 Sat | 7:30: Wake-up/light breakfast (optional short morning shake-out run, check with Greg) 8:00-9:00: Clean-up and pack-up! > *Leave Camp site by 9:00 AM! ~1:30-2:00: Arrive at MCHS parking lot to un-pack |