

2026 Summer Running Camp!

Olema Campground Point Reyes, CA

(10155 Highway 1, Olema CA 94950)



6 Days/5 Nights! Open to all Competitive High School and Middle School XC Athletes

SUN, JULY 26TH – FRI, JULY 31ST (Rev: May 21, 2026)

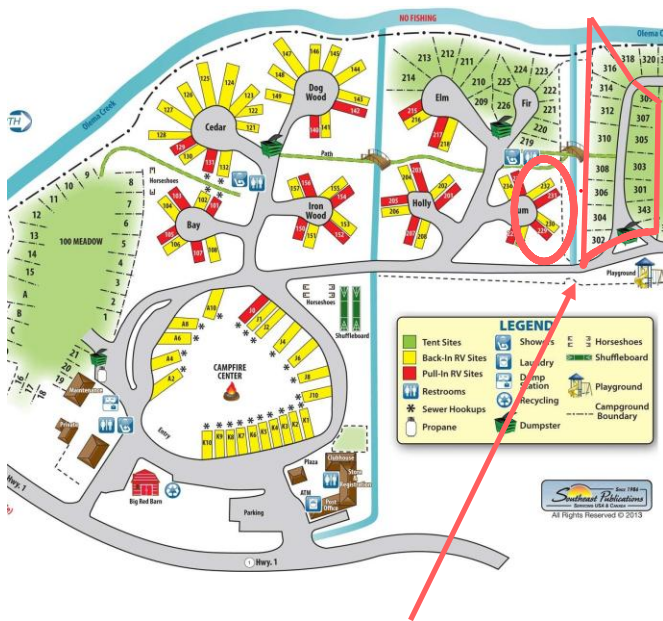
COST: \$250 fee per Athlete / “Camp Alumni” fee only \$120 or \$20/day! (includes camp shirt, 3 meals/day and Tent Site fees). Note: This is NOT an MCHS sponsored activity!

HOW DO I SIGN UP? ...Just turn-in camp fees via check, cash or Venmo (payable to Greg Fogg) and Medical Consent Form to Coach Greg. Space is limited to first 70 runners + first 15 Camp Alumni!

EVERYONE attending camp must demonstrate reasonable fitness to Coach Greg during Summer Training to ensure ability to participate in all camp activities.



venmo



We have 14 Tent Camp sites + 4 RV sites reserved for our group!

MANDATORY PRE-CAMP MEETING ON THURSDAY, JULY 23rd, 6-7:30 PM
(at Greg’s House: 4525 Ranchette Rd, Santa Rosa, CA 95409)

Camp Logistics as follows: (Bring your own supplies to Olema Campground!)

ARRIVING: We will meet at the Olema Campground Site, arriving in two waves on Sun, July 26th:
First wave arrives at 1 PM / 2nd wave at 2 PM (we will assign arrival waves at our Pre-Camp Meeting).

TENT CAMPING: We’ll spend 6 days/5 nights at the Olema Campground with an adventure and a run planned for every day (detailed day-by-day schedule TBA)

DEPARTING: We’ll meet in two waves: Fri, July 31st: 10 AM and 11 AM.

Contact Coach Greg Fogg (707) 291-2967 / greg.fogg@comcast.net
for more information on Point Reyes Running Camp.

...Or check the MCHS XC/Track team website at www.mariacarrillorun.com



2026 POINT REYES RUNNING CAMP

NAME: _____

INDEMNITY AND HOLD HARMLESS AGREEMENT / MEDICAL CONSENT FORM

The student, or parent/guardian of student has voluntarily agreed to participate in athletic activities, including but not limited to, a running training camp. The student participant, their parent, or guardians have voluntarily agreed to participate in a rigorous physical activity in the outdoors which subject them to the elements, wildlife, and the extremes of physical challenge.

INDEMNITY AND HOLD HARMLESS: The RELEASORS (Student/Parent/Guardian and/or participant) to the fullest extent permitted by law, shall indemnify and hold harmless GREG FOGG, Maria Carrillo High School, Rincon Valley and Santa Rosa School District, Olema Campground, their Owners, Agents, and their employees (hereafter referred to as "RELEASEES " from and against any and all claims, damages, losses and expenses, including but not limited to attorneys' fees, arising out of or resulting from "RELEASEES" actions, or failure to act, provided that such claim, damage, loss or expense is attributable to bodily injury, sickness, disease or death, or to injury to or destruction of tangible property but only to the extent caused by the negligent acts or omissions of the "RELEASEES", a Sub-contractor, anyone directly or indirectly employed by them or anyone for whose acts they may be liable, regardless of whether or not such claim, damage, loss or expense is caused in part by a party indemnified hereunder. RELEASORS further agrees to indemnify RELEASEES for any costs of defense, including attorney fees and court costs, incurred by OWNER, or the officers and employees of OWNER, for any act, or failure to act, arising out of their role as Manager for Owners pursuant to this agreement, or any action brought by RELEASEE to enforce this agreement against RELEASOR. Such obligation shall not be construed to negate, abridge, or reduce other rights or obligations of indemnity which would otherwise exist as to the RELEASOR, RELEASOR's agent, their agents or employees.

SUBROGATION: To the maximum extent permitted by insurance policies which may be owned by the RELEASOR, RELEASOR waives any and all rights of subrogation which might otherwise exist against RELEASEE, their agents, subsidiaries and employees.

NO ORAL MODIFICATION: This agreement may not be modified by oral agreement. Any modifications to this agreement shall be in writing and signed by all parties to this agreement.

CONSENT FOR MEDICAL TREATMENT: AS THE PARENT, AGENCY REPRESENTATIVE OR LEGAL GUARDIAN, I HEREBY GIVE CONSENT TO GREG FOGG OR OTHER CAMP STAFF WHOM GREG FOGG DESIGNATES TO PROVIDE ALL EMERGENCY DENTAL OR MEDICAL CARE PRESCRIBED BY A DULY LICENSED PHYSICIAN (M.D.) OR DENTIST (D.D.S.) FOR _____. THIS CARE MAY BE GIVEN UNDER WHATEVER CONDITIONS ARE NECESSARY TO PRESERVE THE LIFE, LIMB OR WELL BEING OF MY DEPENDENT. I/WE HAVE CAREFULLY READ THE TERMS OF THIS AGREEMENT AND FULLY UNDERSTAND THEIR CONTENTS. I/WE ARE AWARE THAT THIS IS A RELEASE OF LIABILITY AND ON BEHALF OF MYSELF, MY/OUR CHILD, I HEREBY VOLUNTARILY SIGN IT OF MY OWN FREE WILL

Running Camp Director, Greg Fogg reserves the right to refuse admission for any reason to anyone he chooses to, for the privilege of attending this Camp experience!

Date: _____ **Parent/Guardian Signature:** _____

Releasors Name: _____ **DOB:** _____ **Cell Phone:** _____

Releasors (Parent/Guardian #1) Name: _____ **Cell Phone:** _____

Releasors (Parent/Guardian #2) Name: _____ **Cell Phone:** _____

Releasors Insurance Carrier _____ **Policy#:** _____

Medical Conditions or Restrictions: _____

Medications taken on a regular basis: _____
