

2026 Point Reyes Summer Running Camp

6-Day Schedule (Rev 7/21/2026)

Sun, July 26th – Fri, July 31st

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

Day #1 7/26 Sun	1:00 (Wave #1) / 1:40 (Wave #2): Check in Olema Campground, unpack, set up tents 4:30: 4-5 mile EZ shake-out run 5:30-6:30 FREE TIME 6:30: Dinner, Spaghetti (Morales Family), Bread/Salad (Camp Staff + Alumni help prep/clean-up) 8:30-9:30: Campfire talk (Camp Staff + Alumni intros)
Day #2 7/27 Mon	7:30: Wake-up/light breakfast 8:00-9:00: Short Run + CTT (Circuit Training & Torture) hosted by Alumni 9:00-10:00 Breakfast: Cold cereal OYO! *10:00-12:30: Black Mountain Naturalist Hike/Adventure 11:30-Noon: Camp Trivia + Shwag 1:00-2:00: FREE TIME (check-in 1:00 with assigned chaperone) *2:30-5:00: 6-8 Mile Run Limantour Beach Run/Fun 6-7 mile run (~30 min drive to/from run) 5:30-6:30: Team Building Break-out 7:00: Dinner, BBQ with Coach Chad! + Bread/Salad (Seniors help prep/clean-up) 8:30-10:00: Campfire talk (Junior + Senior intros)
Day #3 7/28 Tue	7:30: Wake-up/light breakfast 8:00-10:00: Tempo Run Workout (location TBD) 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 (location TBD) 4:30-5:30: Team Building break-out 6:30: Dinner, Paella prepared by John Kane! (Juniors help prep/clean-up) 8:30-9:30 Campfire talk (Sophomore + Freshman intros)
Day #4 7/29 Wed	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: Dinner, Taco Night + all fixings prepared by John Kane! (Sophomores help prep/clean-up) 8:00-9:00: Campfire talk (Special Guest, TBD!)
Day #5 7/30 Thu	7:30: Wake-up/light breakfast *8:15: Leaving camp > Drive 30 minutes to Limantour Beach, launch 9am > 10-12 Mile Run on Coast Trail 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: Dinner, Lasagna (Fitch Family) + Bread/Salad (TBD to help prep/clean-up) 8:00-10:00: Campfire talk + Talent Contest (organized by Class)
Day #6 7/31 Fri	7:30: Wake-up/light breakfast (optional short morning shake-out run, check with Greg) 8:30-10:30: Clean-up and pack-up! > *Leave Camp site in two waves: 11AM/11:30AM