



# NEW HEIGHTS

## SUMMER CROSS COUNTRY TRIP 2022

Nov 12, 2021

Greetings parents and athletes,

Three of the last six years we have taken athletes out to Tillamook Oregon to experience the Ultimook Running Camp. It has been a fantastic time. Many of our kids experienced the West Coast for the first time. Hill running takes on a whole new meaning as we spent time in the heart of the Oregon coastal range mountains. The camp brings in some of the best runners in the Northwest. The camp is run by one of Coach Rob's competitors from High School...way back in the day! You can read about the camp founder, Patrick Zweifel at the website below.

The camp brings in some elite athletes and college athletes. At past camps we were able to spend time with current professional runners and two Olympic athletes. It was a great time picking their brains about running at the next level.

So here is the idea. We would take a trek to Oregon for the first week of camp.

**Camp Dates: July 31 - Aug 6 (Not including travel time)**

**Cost for Camp: \$350.00** (Includes an exclusive PELLA 20% discount at registration. I will get you the code as soon as Patrick sends it to me.)

**Travel Cost: approximately \$400.00 Includes Travel and Hotel but NOT Food on trip out and back\*\* Note this may change I will keep you updated as I get information. See note below**

**Total: \$750.00 estimated** (not including food on travel days)

Travel plans would be to leave on Friday July 29th and arrive at camp on the 31st. We would leave for home on Aug 6th and arrive on Tuesday Aug 8th around 5:00 pm.

**We have \$2,000.00 that has been donated towards our trip. This will be split evenly among the campers that come.**

***This is a big time and dollar commitment so I understand if it doesn't work for you. At this point I would like to shoot for 8 athletes signed up and 2 adults/coaches. If we reach this and need a second van I would need 8 more athletes and 2 more adults for driving. This would be open to the first athletes who register for camp online. We have had 19 athletes show interest!***

***If you or your child need financial help please reach out to Rob or Robin and express your need. We have financial donors willing to help. Once you have registered please forward your registration confirmation to Rob and he will add you to the confirmed list.***

More details will be fleshed out as we get closer. I would ask that you contact me to get on a mailing list if you are interested. We will probably look to collect deposits, so we can secure travel means, sometime in February. You can contact me with questions or interest at **641-660-2699** or [runrobrun@gmail.com](mailto:runrobrun@gmail.com). Please visit the camp website to gather more details on the camp (<https://ultimookrunningcamp.oregoncoastalflowers.com/>)

If you are ready to commit you can register for the camp for the correct dates by visiting the Camp website and registering paying the \$100.00 deposit. Then you can pay the remaining \$250.00 to the camp when you arrive.

**\*\*ADDITIONAL TRAVEL OPTIONS**

***There are other travel options you could consider. Patrick provides a shuttle to the camp from the Portland International Airport (PDX) You can find flights from Des Moines to PDX and choose to fly on that Sunday July 31, 2022. If we have already arrived I'm happy to pick up the Pella kids from the airport as well.***

***You may want to plan a family vacation to the amazing Oregon Coast. There are great state parks you can camp in as well as a host of AirBnB's etc. Families are welcome to come to camp on the last day for the final race as well. Visit with Rob if you want some insider info.***

***I have also received some information from Randy Browne and the Browne family that could change this as they have a Charter bus that may be available. We don't have a commitment on this yet but as soon as I know something I will let you know.***

## Camp Preparation expectations

I will address this more in the packet I send to registered campers. However, it may impact your decision to attend or not. This year we will expect our campers to have a certain amount of mileage on their legs as well as some hill workouts before we leave for camp. You will need to report our mileage to Coach Rob weekly so we can track progress. This is mostly to protect you and give you the best camp experience possible. This is a running camp. From day one you will be....well....running! Tuesday is traditionally the big day where you will have options from 8 miles to 21 miles of running...up a mountain. You will need to be ready so you won't be sore. Coach Cutler will give you this information during the spring XC meeting. Question? Contact Coach Rob.

Rob's contact info:

[RunRobRun@gmail.com](mailto:RunRobRun@gmail.com)

641-660-2699