



Craftsbury

OUTDOOR CENTER

Dear Runners,

We are glad to hear you will be joining us this summer at the Craftsbury Running Camp!

Check-in time for camp begins at 2:30 p.m., with a 4:00 p.m. welcome meeting in Cedar Lounge and a short, easy run to loosen the kinks from your travels to camp. Your first meal will be dinner the day you arrive. For week long programs, your last meal will be breakfast on the program's last day. For weekend programs, your last meal will be lunch on the program's last day. Check-out time from rooms is 10:30 a.m.

Camps end with a social around a campfire. You may want to bring a T-shirt for the T-shirt exchange and a gift for the gift exchange. You can purchase a gift (\$10 limit) during one of the many field trips, from our retail shop, or bring something from home.

Running is the primary activity at camp, but there are plenty of other athletic and fun activities including biking on dirt roads and trails, hiking, yoga, and circuit and core training. We are located on the shore of beautiful Lake Hosmer where you will have time for swimming, aqua running, kayaking, canoeing, and paddle boarding.

Dress at the Center is casual, and the weather is varied. Be prepared for a rain shower now and then, some cool evenings, and many warm days. As you plan for your trip, PLEASE REVIEW the suggested partial packing list below:

- two or three pairs of running shoes (dewy mornings, rainy days)
- several pairs of socks
- hiking shoes or hiking boots
- sandals or flip flops
- bright colored athletic clothing suitable for biking, hiking, yoga, and/or weight room training
- running shorts/tights/capris and shirts
- shorts and shirts for casual wear
- sweatshirt for cooler temperatures
- rain jacket/rain pants
- bathing suit
- camera
- backpack/day pack to pack extra clothes on Endurathon Day and for field trips
- cap, hat, gloves (cool nights)
- flashlight or headlamp
- bug spray and sunscreen
- personal toiletries
- medications
- large bag for dirty clothes
- water bottle or two (larger bottles don't fit in the bike water bottle cages)

For Endurathon Day, mountain bikes and helmets are available from the Bike Center, free of charge. On other days, you are welcome to request a bike rental at the front office for an additional fee. You may also bring your own bike if you prefer.

Dining Hall - Meals are served buffet style and include fresh local produce and home-style cooking. A vegetarian option is offered at each meal. With notice, the kitchen can accommodate the following dietary needs: Lactose intolerance, vegan, gluten free and Celiac disease. Guests with food allergies need to be aware that we cannot guarantee the complete absence of any food

ingredient in our kitchen. That being said, we will do our best to accommodate non-life threatening food allergies. You must notify the office of any dietary needs/allergies prior to your arrival, and we recommend that you speak to the kitchen staff directly upon arrival.

Upgrade Accommodations - Our rates include a double occupancy room with a shared bath/shower facility. Bedding and towels are provided. To inquire about upgrading accommodations, please contact the office.

Retail Shop - The Center's retail shop offers a variety of items for sale: clothing, Vermont-made products, pottery, our own cookbook, personal toiletries, and a variety of Vermont's local beer and wine.

Facilities –

- Canoes, kayaks, and paddle boards are free for houseguest use on Lake Hosmer.
- Refrigerators available for guest use in both Cedar Lodge and Pine Lounge.
- Cedar Lodge has a lounge and sauna (remember to pack your bathing suit!).
- Washers and dryers are available for guest use in Cedar Lodge and Pine Lounge by donation.
- The Cedar Lodge TV Room offers satellite TV, and has DVD/VCRs.
- We also have a Fitness Center, including ergometers and spin bikes in the Activity Center. Sneakers are required.
- Vermont law prohibits smoking in all public buildings.

Pet Policy - We have one pet friendly accommodation - Cottage B. Bringing a pet must be arranged with the office prior to arrival and would incur an additional fee.

Transportation – If driving to the center, please note that GPS directions are not reliable; please utilize directions provided by the center. If you choose to arrive by public transportation, Burlington is the nearest airport, and bus and train lines service Waterbury. Please call our office for taxi referrals and check our website for more details on taxi referrals and car pool information.

Communication - There is NO cell phone coverage in this area. Wi-Fi is available in all of our accommodations. Phone messages can be left with our office during business hours. Guests can receive calls on a landline phone in Cedar Lodge at (802) 586-9113 and in Pine Lounge at (802) 586-9641. You can receive incoming calls on all of our phones. We don't have phones in any of our rooms, suites, cabins, or cottages.

The Area - There is a small country store and a garage, four miles from the Center. The nearest pharmacy is located in Hardwick, twelve miles away. The closest hospital is in Morrisville, twenty miles from the Center. The office can provide you with directions to these locations.

Liability and Security - The Craftsbury Outdoor Center is not responsible for the loss of or damage to, guest and visitor articles left on the premises at any time. This includes property belonging to guests, visitors, or vendors. Liability for damages to the premises will be charged accordingly.

Please call if you have any questions. We look forward to seeing you and hope you enjoy your visit to the Craftsbury Outdoor Center.

Sincerely,

The Craftsbury Outdoor Center