

Craftsbury Running Camp
Trails 2 Ales: September 19 – 22, 2019

Thursday, 9/19	Arrival Day
4:00pm	Campus tour and 30-min easy shake-out trail run. Optional jump in Big Hosmer!
5:45-6:30	Cider, Wine, & Cheese social
6:30-7:30	Dinner
7:45-8:30	Welcome Meeting: Introductions and review schedule
8:30	Social time
10:00	Quiet hours begin
Friday, 9/20	Adventure Day 1.0
7:30-8:30	Optional Morning Yoga
8:30-9:30	Breakfast & pack lunches!
10:30	Runners depart for Hill Farmstead. Vans & runner drop-offs to follow.
12:00pm	Lunch and libations at Hill Farmstead. Food trucks on site as well!
2:00	Vans depart for Kingdom Trails, Burke
3:00	Afternoon run or hike on Kingdom Trails
4:00	Revelry at Mike's Tiki Bar
5:00	Vans depart for the Center
6:00	Vans return to the Center
6:30-7:30	Dinner
7:45-8:45	Tales from the Trails with Coach Jack
10:00	Quiet hours begin
Saturday, 9/21	Adventure Day 2.0
7:30-8:30am	Optional Morning Yoga
8:30-9:30	Breakfast & pack lunches!
10:30	Vans depart for Lost Nation Brewery. Runner drop-offs to follow.
12:00pm	Lunch and libations at Lost Nation, Morrisville
1:30	Vans depart for Mount Mansfield
2:00	Hike Mount Mansfield ridge – the tallest mountain in Vermont!
4:00	Visit to the Alchemist, Stowe
5:00	Vans depart for the Center
6:00	Vans return to the Center
6:30-7:30	Dinner
7:45	Our final evening! Campfire, s'mores, gift exchange, & general merriment
10:00	Quiet hours begin
Sunday, 9/22	Final trails, with perhaps more ales!
7:30-8:30	Optional strength training workshop in AC Gym
8:30-9:30am	Breakfast
9:30	Free time – pack, lakeside relaxation, etc.
11:00	Final run on Craftsbury Outdoor Center trails!
12:30-1:30pm	Lunch
1:30	Camp end