



Hey Berkshire Running Camp Families

The countdown is on, and we're about to dive into one of the most beneficial and uplifting weeks ever! The BRC crew has been working their magic behind the scenes to cook up an absolutely one-of-a-kind experience for you. Get ready for epic workouts, engaging classroom sessions, inspiring guest speakers, and some seriously fun team-building activities. Plus, we've got an amazing and experienced team ready to guide you through an unforgettable week!

Before we hit the ground running, we've got a few last-minute details to share with each family. Get eXCited—this is going to be a blast.

DROP OFF IS MONDAY 8/12 12:30-2:00 PM

PICK UP IS SATURDAY 8/17 12:15 PM

More Info can be found in the FAQ section of our website: <https://www.berkshirerunningcamp.com/faq>

WE ARE A NUT FREE CAMP

Please leave nut snacks (including Sesame) at home. Please double check the ingredients.

1) WHAT TO BRING

- *Sleeping bag and/or Sheets (cot size), Blankets and Pillows
- *Personal Hygiene Items (Soap, Shampoo, Toothbrush/paste, etc)
- *Running gear (1 week worth)
- *Running Sneakers (2 pairs)
- *Rain Gear
- *Small backpack to carry items to offsite runs
- *Clothing for Nighttime activities (it can get cold)
- *Bathing Suits, Towels, Shower Shoes
- *Personal Water Bottle with your name on it (there are water refill stations on campus)
- *Yoga Mat or Extra Towel
- *Phone/GPS Watch Chargers & Flashlight
- *Sunblock/bug spray
- *Team outfits/unique uniforms for the Cabin Games Challenge
(Please make sure outfits are appropriate and culturally sensitive)
- *Valuables should be left home (no there is no WiFi and cell service is not great)
- *Any other items you may need to enjoy a week at Berkshire Running Camp
(There is NO laundry service onsite)

A GREAT ATTITUDE!

2) ARRIVAL

Arrival for campers is between 12:30-2pm

All campers should be checked in by 2:30pm

PLEASE DO NOT ARRIVE EARLIER THAN 12:30

There is no lunch option at camp on arrival day. Please plan accordingly.

CAMP ADDRESS- Camp Taconic is located at 770 New Windsor Rd. in Hinsdale MA.

There will be staff directing you to the camp check-in.

Campers should arrive to camp in their running clothes.

There is no lunch option at camp on arrival day. Please plan accordingly.

3) CHECK-IN

When you arrive at Camp Taconic our staff will direct you and your parents to the check in area. **There, you and your parents will check in with our registration staff.** There will be multiple tables broken up by last name.

The nursing staff will also be there to accept any medications or to answer any questions you may have. If your cabin is not ready yet, staff will help you store your stuff in the dance hall. Be sure to arrive at camp in running clothes. We will be running the first day.

Representatives from [The Run House](#) will be on site Monday, selling New Balance shoes, spikes and gear at 20% off for campers!

4) TRANSPORTATION

No athlete should be driving themselves to Camp Taconic. There are no camper cars allowed on campus. There will be signs/staff upon entering the camp directing you as to where cars should drop off athletes. There is always traffic on the way to camp, please plan accordingly. If you are arriving via a bus or carpool, please make sure your paperwork is 100% complete prior to arrival.

5) MEALS/FOOD CHOICES

We have worked with the chef at Camp Taconic and have planned a running friendly meal plan for the week.

There will be plenty of gluten free, vegan, and nut free options available. If you have any food allergies or special dietary considerations that we don't yet know about, please let us know as soon as possible. There is a separate kitchen for food preparation to accommodate those with food allergies. Campers that have special dietary needs can check in with Coach Kelly Adams for help navigating the dining hall and with any questions/requests during meal times.

There will be plenty of water available all week, please bring your own personal bottle with your name on it.

Campers can also bring snacks, but please be aware they may be sharing a cabin with another camper that has a food allergy (**NO NUTS- WE ARE A NUT FREE CAMPUS**) and to have a container for snacks to keep varmint out of the cabins.

6) PAYMENTS

If you have not paid your balance, **please contact me immediately**. All balances are past due & must be paid ASAP.

7) PHYSICALS, IMMUNIZATION RECORDS, AND OTHER FORMS

If you haven't already, you need to complete the [online forms](#) required for BRC. The forms are the Camper Release Form and the Medication Authorization form. These forms can only be completed online. **You must also provide us with a current physical (they are valid for 13 months) and immunization records.** You can upload the physical to your account. Directions to access your account are below.

8) ACCOUNT ACCESS

To log in to your Active Camp account the link below. Your username is the email you registered with. If you get an error message please try a different web browser.

[ONLINE ACCESS](#)

9) MEDICATIONS

All medication must be clearly listed on the campers medication authorization form. Any prescription or over the counter medication brought to BRC must be in its original containers. Any camper that brings medication to camp must meet with the nurse during check-in. **There will be absolutely no medication kept in the camper cabins.** Campers/parents MUST take medication home with them at the end of camp.

Campers with inhalers or epi-pens must complete the medication authorization form to self administer. Campers should bring 2 epi-pens/inhalers with them.

10) RUNNING GROUPS

All Campers will be placed in groups based on their ability, experience and level of conditioning. Our staff is trained to monitor the runners during the week and we will make any changes necessary to ensure a safe and productive week of training. Make sure CAMPERS have filled out the run info form sent via email. If you have had any changes or injuries since registering for camp please let us know so we can place you in the appropriate training group.

11) CABINS

All campers from the same team will be in the same cabin. The cabins are large and very nicely accommodated with bathrooms and showers. They are all staffed by multiple staff members. All areas of camp are Nut Free!

12) CAMP STORE

There will be a camp store and canteen available. The Camp Store & Canteen will be open during free time. We will be selling snacks and drinks, and there will also be BRC gear to purchase including Sweatshirts, Sweatpants, and TShirts. Items can be purchased with cash or via Venmo (@berkshirerunningcamp). BRC gear tends to sell out quickly, so get your gear early on to ensure your size and preferred style are still available.

Representatives from [The Run House](#) will be on site Monday during check in, selling New Balance shoes, spikes and gear at 20% off for campers!

13) BERKSHIRE RUNNING CAMP RULES

[Camp Rules and Regulations](#). Please carefully read these, and let us know if you have any questions.

Remember that these rules apply to all campers, and anyone in violation of them will be subject to the appropriate disciplinary action and/or dismissal from camp. If you are dismissed from camp your parents are responsible for picking you up.

14) DEPARTURE

Please arrive at Camp Taconic to pick your child up beginning at 12:15 PM on SATURDAY. Please don't enter the camp facility until after 12:15 PM. We will be sure our program is complete at that time, and our staff will stay until the last child is picked up. **All campers must be checked out by camp staff. Check out is NOT complete until you and your camper have checked out with our staff (at the designated tables) and received your camper evaluation card.** Campers must be checked out with their guardian and or camper release noted designated adult. No camper can check themselves out, (unless they are being transported on the bus). No camper will be released to an adult that is not specified on the camper release form. If you need your release form unlocked email berkshirerunningcamp@gmail.com

Please be respectful of our desire to return to our homes and families after a long, wonderful week together.

Please arrive no later than 1:30pm There is always traffic, please plan accordingly.

15) NEW BALANCE FREE GIFT

This year all campers will be receiving a free gift from New Balance. They asked us to remind campers that they will not be able to accommodate all size requests. Camp staff will not be able to take returns or exchanges.

16) MEDICAL STAFF

We have 2 registered nurses and a Health and Safety Supervisor on staff this year. **All medication must be handled and administered via the medical staff.** (If you use an epi-pen or inhaler- reminder to bring 2 of them!) Medical Staff will be available during check in with any questions you may have. If your son or daughter becomes sick or ill and has to leave camp then a parent or guardian must pick them up. We cannot provide or arrange for transportation.

17) SOCIAL MEDIA

While we don't allow the use of cell phones during camp (except during free time)- our staff will be posting to our social media accounts daily!

Please follow us on **Twitter @BerkshireRC** and on **Instagram @BerkshireRunningCamp** - please check us out during the week for updates, pictures and videos!

For your information, attached is a copy of our [Schedule for the week](#)

As always if you have any questions at all please feel free to contact me at any time!

BerkshireRunningCamp@gmail.com

508-367-0474

Coach Rooney