



TECK OKANAGAN REGIONAL FALL DRYLAND CAMP 2013 - CAMP NOTICE

HOST CLUB: Larch Hills Nordic Ski Society

DATES: 6 pm Friday September 20th – 1 pm Sunday September 22nd 2013

ELIGIBILITY: Okanagan Region Skiers Born 2004-1995

LOCATION: Gardom Lake Bible Camp, 651 Glenmary Road, Enderby, B.C.

DIRECTIONS:

From Vernon : follow Hwy 97 past Enderby to the junction of 97A and 97B. Travel left on Hwy 97B to the top of a long uphill grade. Gardom Lake Road will be on your left hand side, marked by a large Gardom Lake Bible Camp sign. The camp is 3 km from the highway turnoff. Follow Gardom Lake Road for 1 km and stay to the right as the road reaches a “Y”. Travel 1 km further and you will reach a second Gardom Lake Bible Camp sign at the corner of Gardom Lake Road and Glenmary Road. Turn left at Glenmary Road and travel a short distance to the camp.

From Salmon Arm: from the junction with the Trans Canada Hwy (just as you are leaving Salmon Arm and heading for Revelstoke), follow Hwy 97B towards Vernon for about 11 km and turn right onto Gardom Lake Road which is marked by a large Gardom Lake Bible Camp sign. The remainder of the directions are the same as for travel from Vernon.

REGIONAL COACH: Adam Elliot (coachadam@telemarkracers.org)

CAMP COORDINATOR: Randi Ostby (rostby@telus.net)

CAMP BEGINS: 6:00 pm Friday September 20th at Gardom Lake Bible Camp. Please try to arrive 30 min earlier to unload your belongings, as camp activities will begin right at 6:00. Dinner will not be provided Friday evening, so you should eat prior to arriving at the camp. There will be a snack provided in the evening.

CAMP ENDS: 1:00 pm Sunday September 22nd. Lunch will be served prior to the end of the camp. The camp has a full participation policy and participants are asked to stay through the entire camp unless they have made prior arrangements with the camp coordinator.

CAMP FEE: \$120.00. The camp fee includes accommodation Friday and Saturday nights, meals Friday evening through Sunday lunch, and Zone 4 and credit card processing fees. Teck will be providing a baseball cap for participants upto age 16 years.

REGISTRATION: online at www.zone4.ca

REGISTRATION DEADLINE: Friday September 13th, or when camp is full.

WHAT TO BRING:

- B.C. Care Card/ Medical number
- Sleeping bag and pillow
- Personal hygiene items (soap, shampoo, toothbrush, toothpaste, deodorant, etc)
- Sunscreen and lip balm with sunblock
- Towels (suggest bringing one for indoor and one for outdoor use)
- Bathing Suit
- Rain Jacket
- Training clothes for very hot through to cold miserable weather
- Long underwear
- Socks (lots of extra socks in case of wet weather)
- Shorts / pants / sweatshirt/ t-shirt (casual clothes)
- Hats (baseball cap and toque)
- Gloves
- Daypack suitable for hiking
- Running shoes
- Rollerski equipment (rollerskis, poles, skate boots, helmets, reflective vests)

******Reflective vests and helmets are MANDATORY** for roller ski sessions.

****You will not be allowed to participate in roller ski sessions if you do not have them.

- Ski striding poles (10 cm shorter than regular classic poles)
- Heart rate monitor (if you have one)
- Water bottles and carrier
- Head lamp
- Positive attitude and lots of enthusiasm!!!

CAMP EXTRAS:

- Please notify camp coordinator of any allergies, special dietary requirements, or relevant medical conditions
- Please leave electronic devices at home for the weekend!!!! (You'll have so much fun that you won't miss them)