



**LOVEJOY BOYS**  
**ANGEL FIRE TEAM RUNNING CAMP**  
**JUNE 26 - JULY 1**  
**2023**



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## WELCOME FROM COACH GREG CHRISTENSEN

*Coaches/Parents/Guardians/Athletes:*

*We are about 2 weeks away from our first camp week of the 2023 XC season. I have been receiving some great questions about the camp, and since this summer we have teams coming up for their first camps, I thought I would send out a note to orient you all both new and returning campers to the week in Angel Fire.*

*I ran collegiately with very limited success, but I had some very good influences from coaches, team mates, and competitors which got me into coaching. My first HS team was the boys team at Highland Park. They were the first group I took to my parents lake house in Kansas for a camp in 1996. After a couple years, a team parent volunteered his house in Aspen...and that is where the Altitude camps were born. The guys made it to the State meet nearly every year we did camps until I left for Lovejoy in 2006.*

*At Lovejoy I took the boys and girls to the Nike Camp in Boulder....then the next year we went to Taos Ski Valley where we did camps every summer until moving them to Angel Fire in 2020.*

*The move to Angel Fire has been very beneficial because of the smaller tight-knit community and better roads to run...*

*When I had my camps at the Nike camp in Boulder, I was disappointed by the fact that most of the runners were turning the workouts into races to try to impress the staff...instead of focusing on the team aspect. So that is what I feel makes this experience different than any other camp in the Nation, is that it is team oriented.*

*I wanted an experience for my athletes where we could sit in a beautiful setting and talk nothing but running for a week without distractions. During their week here, the coach and athletes will be able to sit and get to know each other on deeper levels. We will have lectures covering Nutrition/Sleep...and the coach will be able to meet with the team and discuss the training plan for the season, team culture, and racing schedule..and anything else the coach needs to.*

*In addition, the coach and individual athlete will have time to meet and discuss the coach's plan for that athlete for the season, and it is also a time for the athlete to ask the coach*

*pertinent questions. I always found this to be the most profound and beneficial aspect of the camps.*

*In order for the athlete to have a great camp experience there are a few recommendations.*

1. *On the trip up here, be sure to be drinking water the whole way. (even if it results in several stops). Staying hydrated is the best way to stave off Altitude Sickness. We are at close to 9000' but if the athlete stays hydrated and gets good sleep it shouldn't be an issue.*
2. *Keep the lodge you are staying in clean. You will be living with other teammates in your house...so keep it clean and organized.*
3. *Know your boundaries and do not try to train hard up here. You are coming from about 500' elevation to 8500'+....it takes months to get any benefit from altitude training. Use the week here to get to know your team mates and coaches on a deeper level.*
4. *Ask questions. You have a great opportunity to learn more about your sport and self-care. Make use of it.*
5. *Bring the following.*
  - rain jacket (it rains frequently in the afternoons)*
  - enough running gear to last the week*
  - your own personal water bottle.*
  - your own toiletries*
  - bedding/towels are provided*
6. *You should have a valid physical form on file with your coach*
7. *Camp Waiver must be signed and brought with you to camp*

*I am looking forward to the weeks of camps and getting to know you all this summer. Please feel free to contact me if you have questions about the week here or anything else I can help you with....*

*Run Happy Run Long Follow Your Arrow*

*Greg*

## **CAMP INFO**

### **Dates:**

June 26, 2023 - July 1, 2023

### **Lodging:**

[Wheeler Peak Lodge](#)

30 S Angel Fire Rd, Angel Fire, NM 87710

### **Departure Date, Time, & Location:**

Monday - June 26, 2023

6:30 AM

LHS Field House

(If you plan to transport your athlete to the camp please let Coach Kelly know)

### **Return Date, Time, & Location:**

Saturday - July 1, 2023

7:00 PM - Estimated

LHS Field House

(If you plan to pick up your athlete from the camp please let Coach Kelly know)

### **Method of Travel:**

Three 15 passenger vans from Capps Rental

### **Camp Chaperones:**

Rick Murray (Ethan Murray's dad)

Cell: 205-281-8099

Scott Reid (TJ and Joey Reid's dad)

Cell: 309-310-5990

Logan Kelly (Boys Coach)

Cell: 903-821-8399

Casey Kelly (Coach Kelly's Wife)

Cell: 214-578-6653

Greg Christensen (Camp Director / Owner)

Cell: 214-507-9137

Randy Adair (Announcer / Former Coach)

Cell: 214-542-2007

### **Daily Updates:**

Daily updates will be posted on the Lovejoy Distance Boys Sports You page.

*Code 648TTCXQ to join.*

## **DAILY TEAM MEETING TOPICS**

- Monday: Welcome, Rules, & Safety
- Tuesday: Program History / Training / Culture - Coach Kelly
- Wednesday: Sleep (Day Session) - Greg Christensen  
Jay Johnson - Author of Consistency is Key (Evening Session)
- Thursday: Nutrition / Hydration (Day Session) - Greg Christensen  
Lovejoy Legends Panel (Evening Session) - Former Lovejoy Runners
- Friday Camp Wrap Up & Motivation - Randy Adair

## **GRADE LEVEL MEETINGS**

- Seniors - Tuesday
- Juniors - Wednesday
- Sophomores and Freshman - Thursday

## **MEALS**

See below for an idea of meals for the week. If your runner requires any special dietary needs or is allergic to anything please contact Coach Kelly about this.

### **Breakfast**

Light breakfasts are advised since we will be running in the morning.

- Breakfasts will be self served. Bagels, Toast, Energy Bars, Fruit, Cereal, etc.

### **Lunch**

Lunches will be self served at the Lodge.

- Sandwiches, fruit, leftovers from the previous nights dinner

### **Dinner**

Dinners will be made by camp chaperones

- Monday - Pizza
- Tuesday - Tacos
- Wednesday - Grilled Chicken
- Thursday - Hotdogs & Burgers
- Friday - Spaghetti

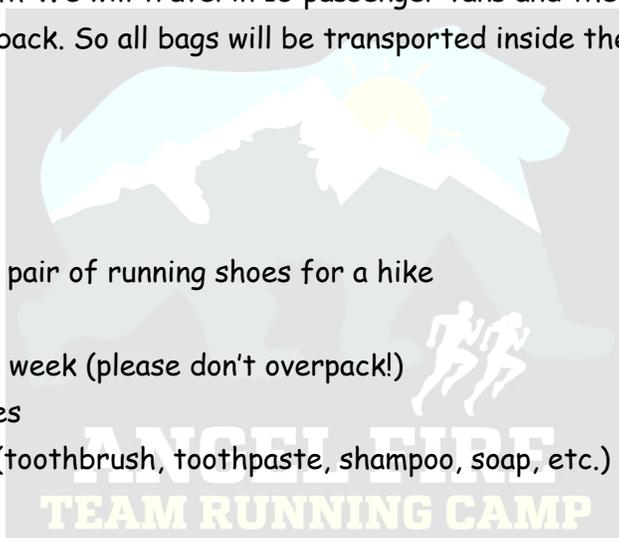


## **ACTIVITIES**

- Daily Runs in various locations
- Team Lectures / Discussions
- Team Meals
- Team Games
- Team Hike
- Kayaking, paddle boarding or Team games at Local park

## **THINGS TO PACK**

- Soft sided duffle bag or backpack only
- Try to pack light! We will travel in 15 passenger vans and the vans do not have cargo hitches on the back. So all bags will be transported inside the van on the trip.
- Water Bottle
- Watch
- Running Shoes
- Hiking boots or pair of running shoes for a hike
- Rain Jacket
- Clothes for the week (please don't overpack!)
- Hat / Sunglasses
- Toiletry items (toothbrush, toothpaste, shampoo, soap, etc.)



## **MONEY FOR TRIP**

Runners will need to bring money on the trip for a few items. Runners will be responsible for keeping track of any money they bring.

- Lunch on way
- Lunch on way back
- Snacks at restrooms breaks to and from
- Souvenirs or gifts when shopping on the trip (Optional)

## TENTATIVE CAMP ITINERARY

### **Monday - June 26, 2023**

- 6:15 AM Arrive to LHS Field House to load vans etc
- 6:30 AM Depart LHS Field House
- 12:30 PM Lunch in Amarillo, TX: Chipotle, Whatburger, Panda Express, Chick Fil-A
- 1:15 PM Depart from Amarillo, TX for Angel Fire, NM
- 6:00 PM Arrive at Wheeler Park Lodge in Angel Fire, NM
- 7:00 PM Team Dinner (Pizza)
- 8:00 PM Team Meeting: Welcome, Rules, & Safety
- 10:00 PM Lights Out - Bedtime

### **Tuesday - June 27, 2023**

- 7:00 AM Breakfast at Lodge
- 7:30 AM Depart from Lodge
- 8:30 AM Arrive at Rio Grande Gorge Bridge in Angel Fire, NM  
Run along trail / Shop at Vendor Shops / Team Picture
- 9:45 AM Lunch at Rio Grande Gorge Bridge Picnic Area
- 10:30 AM Depart Rio Grande Gorge Bridge
- 10:45 AM Taos Cow Ice Cream - Arroyo Seco, NM (Paid for by camp)
- 11:15 AM Depart from Taos Cow Ice Cream
- 11:30 AM Arrive at Downtown Taos, NM  
Runners can shop local downtown shops
- 12:30 PM Depart from Downtown Taos, NM
- 1:30 PM Arrive at Wheeler Peak Lodge  
Shower / Rest Time / Refuel
- 3:30 PM Senior Team Meeting
- 6:00 PM Team Dinner - Taco Tuesday
- 7:30 PM Team Discussion - Program History, Expectations, & Training
- 10:00 PM Lights Out - Bedtime

**Wednesday - June 28, 2023**

- 7:00 AM Breakfast at Lodge
- 8:00 AM Depart from Lodge
- 8:10 AM Local Run in Angel Fire
- 9:10 AM Depart for Wheeler Park Lodge
- 9:20 AM Return to Wheeler Park Lodge  
Shower / Rest Time / Refuel
- 10:30 AM Team Hike
- 3:00 PM Junior Team Meeting
- 4:00 PM Team Discussion - Sleep - Greg Christensen
- 6:00 PM Team Dinner - Grilled Chicken
- 7:30 PM Team Discussion - [Consistency is Key author Jay Johnson](#)
- 10:00 PM Lights Out - Bedtime

**Thursday - June 29, 2023**

- 7:00 AM Breakfast at Lodge
- 8:00 AM Depart from Lodge
- 8:10 AM Local Run in Angel Fire
- 9:10 AM Depart for Wheeler Park Lodge
- 9:20 AM Return to Wheeler Park Lodge  
Shower / Rest Time / Refuel
- 11:30 AM Depart for Monte Verde Lake or Allen Fields Sports Complex  
(Paddle Boarding, Kayaking or Games at Sports Fields)
- 2:30 PM Depart for Wheeler Park Lodge
- 2:45 PM Arrive at Wheeler Peak Lodge
- 3:00 PM Sophomore & Freshman Team Meeting
- 4:00 PM Team Discussion - Nutrition & Hydration - Greg Christensen
- 6:00 PM Team Dinner - Burgers and Hot Dogs
- 7:30 PM Team Discussion - Lovejoy Legends Panel - Former Lovejoy Runners
- 10:00 PM Lights Out - Bedtime



**Friday - June 30, 2023**

- 7:00 AM Breakfast at Lodge
- 8:30 AM Depart from Lodge
- 8:40 AM Arrive at Back Basin Road for Mountain Challenge
- 10:30 AM Return to Wheeler Park Lodge  
Shower / Rest Time / Refuel

Day activities dependent on what runners would like to do and how they are feeling

- 6:00 PM Team Dinner - Spaghetti
- 7:30 PM Camp Wrap Up / Motivation - Randy Adair
- 10:00 PM Lights Out - Bedtime

**Saturday - July 1, 2023**

- 5:30 AM Depart from Wheeler Peak Lodge
- 12:00 PM Lunch in Amarillo, TX
- 12:45 PM Depart Amarillo, TX for Lovejoy High School
- 7:00 PM Estimated return to Lovejoy High School

**WAIVER**

Please print and sign the camp waiver on the next page and turn in the morning we depart from camp

## **Waiver and Medical Release Agreement**

*Please read carefully*

The undersigned, being of lawful age for themselves and/or on behalf of their minor child, desire to have their son/daughter attend and participate in the **High Altitude Team Training Camp** to be held in Angel Fire, NM, hosted by Coach Greg Christensen and certain parents/coaches (hereinafter "Hosts").

The undersigned acknowledge that they are fully aware that the High Altitude Team Training Camp is not in any way sponsored or associated with any specific school district or entity, but rather a private event conducted at the invitation of the Hosts.

The undersigned acknowledge and do hereby give their permission for their son/daughter to participate in long distance cross country training activities which shall include but not be limited to: distance training runs, rafting, swimming, hiking, and local shopping. The undersigned represent that their son/daughter is in appropriate physical condition to fully participate in all of the aforementioned cross country team training activities.

The undersigned hereby waives any right, claim or cause of action that they may be entitled to against the Hosts and/or their employees and agents and hereby release them from any loss, damage, personal injury or death from the participation of their son/daughter in the Taos High Altitude Team Training Camp, unless caused by gross negligence or willful misconduct of the Hosts.

This Waiver and Release Agreement is intended to be contractual and not a mere recital.

I verify that my child is physically fit to participate in the Taos High Altitude Team Training Camp and I further give my permission for my child to be treated by the appropriate medical personnel for any accident/illness while at camp.

Local and district protocols will be followed including:

- wearing of masks in public gatherings
- testing if required by teams
- isolation of positively tested athletes/chaperones

Camp hosts and sponsors will be following and adhering to CDC Camp Guidelines as of 5/18/2020

<https://www.cdc.gov/coronavirus/2019-ncov/community/schools-childcare/summer-camps.html>

**I HAVE READ THE FOREGOING WAIVER AND RELEASE AGREEMENT AND UNDERSTAND IT.**

Signed this \_\_\_\_\_ day of \_\_\_\_\_ 2023

\_\_\_\_\_  
CAMP PARTICIPANT

\_\_\_\_\_  
PARENT AND/OR GUARDIAN