



ELEVATED RUNNING CAMPS

LOVEJOY

JUNE 23 - JUNE 28

2025



TABLE OF CONTENTS

WELCOME...	2-3
CAMP INFO...	4-5
TEAM MEETINGS, & MEALS...	6
ACTIVITIES, THINGS TO PACK, MONEY TO BRING...	7
ITINERARY...	8-10

WELCOME FROM COACH GREG CHRISTENSEN (CAMP FOUNDER)

Coaches/Parents/Guardians/Athletes:

We are a couple weeks away from the Lovejoy camp week of the 2025 XC season. I thought I would send out a note to orient you 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 teammates 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 - CAMP WEBSITE HERE](#)

Dates:

June 23, 2025 - June 28, 2025

Lodging:

[Wheeler Peak Lodge](#) - 20 Runners

30 S Angel Fire Rd, Angel Fire, NM 87710

[Angel View 6-6](#) - 7 Runners

Departure Date, Time, & Location:

Monday - June 23, 2025

7:00 AM

Lovejoy Field House

Return Date, Time, & Location:

Saturday - June 28, 2025

6:00 PM - Estimated

Method of Travel:

Two 15 passenger vans and one SUV

Camp Chaperones:

Logan Kelly - Van Driver and Coach

Cell: (903) 821-8399

David Muller - Van Driver and Coach

Greg Christensen (Camp Director / Owner - Former Lovejoy XCTF Coach)

Cell: (214) 507-9137

Jessica Richards (Camp Director)

Cell: (936) 615-3504

Casey Kelly (Coach Kelly's Wife) - SUV Driver

Cell: (214) 578-6653



Dana Link (Coach Kelly's Father In Law) - SUV Driver
Cell: (504) 615-3338

2 College Runners will be on staff as camp chaperones as well.

Daily Updates:

Daily updates will be posted on Lovejoy Boys Distance Sports You Page 648T-TCXQ

Camp Pictures:

Camp Photos will be posted on PhotoCircle - join.photocircleapp.com/CVQDPSPC7K



DAILY TEAM MEETING TOPICS

Monday:	Welcome, Rules, & Safety
Tuesday - Thursday:	TBD - Program History, Training, Team Culture, Sleep, Nutrition, Hydration, Racing + More
Friday	Camp Wrap Up

MEALS

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 night's dinner, etc.

Dinner

Dinners will be catered each night by a local catering company.

Monday - Pizza

Tuesday - Chicken Stir Fry catered in

Wednesday - Tacos

Thursday - Spaghetti and Salad

Friday - Burgers



ACTIVITIES

- Daily Runs in various locations
- Team Lectures / Discussions
- Team Meals
- Team Games
- Team Hike
- Shopping in town

THINGS TO PACK

- *Soft sided duffle bag or backpack only*
- *Try to pack light! We will travel in a 15 passenger van plus a SUV. The van does not have cargo hitches on the back. So, all bags will be transported inside the van and in the SUV on the trip!*
- Water Bottle
- Watch
- Black, Red, and White Lovejoy Tank Tops
- Running Shoes
- Hiking boots or pair of running shoes for a hike
- Rain Jacket
- Clothes for the week (please don't overpack!)
- Hat / Sunglasses
- Sunblock / bug spray
- Toiletry items (toothbrush, toothpaste, shampoo, soap, etc.)
- Training gear
- Journal for notes and writing utensil

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 the trip to Angel Fire (Amarillo)
- Lunch on the return trip to Lovejoy (Amarillo)
- Snacks at restrooms breaks to and from
- Souvenirs or gifts when shopping on the trip (Optional)
- Taos Cow Ice Cream if desired

TENTATIVE CAMP ITINERARY

Monday - June 23, 2025

6:40 AM Arrive at Lovejoy ISD Field House, to load vans
 7:00 AM Depart Lovejoy
 1:15 PM Lunch in Amarillo, TX: TBA
 2:00 PM Depart from Amarillo, TX for Angel Fire, NM
 6:30 PM Arrive at Wheeler Park Lodge in Angel Fire, NM (Time Zone Change)
 7:30 PM Team Dinner (Pizza)
 8:15 PM Team Meeting: Welcome, Rules, & Safety
 10:00 PM Lights Out - Bedtime

Tuesday - June 24, 2025

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
 10:50 AM Arrive at Downtown Taos, NM
 Runners can shop local downtown shops
 Taos Cow
 12:30 PM Depart from Downtown Taos, NM
 1:30 PM Arrive at Wheeler Peak Lodge
 Shower / Rest Time / Refuel
 3:30 PM Team Activity
 6:00 PM Team Dinner
 7:30 PM Team Discussion - Sleep
 10:00 PM Lights Out - Bedtime



Wednesday - June 25, 2025

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 Nutrition Lecture via Zoom
 11:30 AM Hiking in Angel Fire or Monteverde Lake
 6:00 PM Team Dinner
 7:30 PM Team Discussion
 10:00 PM Lights Out - Bedtime

Thursday - June 26, 2025

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 Red River, NM or Monteverde Lake
 2:30 PM Depart for Wheeler Park Lodge
 2:45 PM Arrive at Wheeler Peak Lodge
 4:00 PM Team Meeting
 6:00 PM Team Dinner
 7:30 PM Team Discussion - Training
 10:00 PM Lights Out - Bedtime

**Friday - June 27, 2025**

7:00 AM Breakfast at Lodge
 8:30 AM Depart from Lodge
 8:40 AM Arrive at Back Basin Road for Mountain Challenge
[Previous Years Mountain Challenge Results](#)
 10:30 AM Return to Wheeler Park Lodge
 Shower / Rest Time / Refuel
 12:30 AM Turf Fields for Games
 6:00 PM Team Dinner
 7:30 PM Camp Wrap-Up Meeting
 10:00 PM Lights Out - Bedtime

Saturday - June 28, 2025

6:00 AM Depart from Wheeler Peak Lodge
 12:00 PM Lunch in Amarillo
 12:45 PM Depart Amarillo,
 6:00 PM Estimated return to Lovejoy

