

Since 1969, over 9,000 runners have improved their seasons with Blue Mountain XC Camp



BMXC is located in the heart of the Pocono Mountains of Pennsylvania at the scenic facilities of Camp Westmont. Miles of trails and dirt roads offer endless and scenic running routes ideal for high quality cross country training.



Campers stay for seven days and six nights in separate boys and girls cabins, each staffed with a counselor or coach. Our staff consists of successful runners and experienced coaches from throughout the Northeast.



@BlueMountainXC



www.BlueMountainXCCamp.com
Directors@bluemountainxccamp.com



August 13-19, 2017

\$490* see discounts



Blue Mountain XC Camp is the premier running camp for students entering grades 7-12



Your best finish starts with us!

2017 Blue Mountain XC Camp

Dates:

Sun., August 13 - Sat., August 19

Cost:

Registration fee: \$490

Includes boarding, meals, T-shirt, and all camp activities.

-Team Discount: 5 members or more, save \$25 per camper

-Siblings Discount: save \$30 off second sibling's registration.

Buses:

Buffalo/Rochester, NY

Roundtrip: \$90

One Way: \$50

Rockaway/Woodbridge, NJ

Roundtrip: \$70

One Way: \$50



Online registration available via

bluemountainxccamp.com.

Mail-in forms available by emailing

directors@bluemountainxccamp.com



Daily Schedule:

Breakfast - Hot and Cold options available

Morning Run - Main run for the day, varying in distance depending on each camper's ability.

Lunch - Salad bar and main course available.

Afternoon Rec - free time for campers. Lake open for swimming, water slides, and paddling.

Afternoon Info Session - Skills instruction: form drills, yoga, college selection, plyometrics, core training, and more.

Afternoon Workout - running or cross training to help runners meet individual mileage goals.

Dinner - Balanced options to fulfill nutritional requirements for teen runners... and dessert!

Guest Speaker - Variety of pro athletes, Olympians, and experienced coaches to give advice, answer questions, and share stories.

Social Event - Sunset canoe, dance, bonfire with smore's, talent show, and more.

Lights Out - a restful night's sleep to do it all again the next day!



Camper Testimony:

"I loved my week at camp! I wish I started coming to camp the first summer I started running."

-Vivian, 11th grader, New Dorp HS, NY



"The best time of my life by far. The bonds I've made are like no other that will stick with me for the rest of my life. I will always cherish them."

-Mike, 10th grader, Scranton HS, PA



"Blue Mountain XC Camp was such an amazing experience. I learned proper nutrition, met Olympic runners, and most importantly formed lifelong friendships."

-Owen, 12th grader, Churchville-Chili HS, NY