



# Miles and Minutes, LLC Cross Country Camp 2024

Miles and Minutes Cross Country Camp is a sensational running camp for middle school and high school cross country athletes. Travel up to the Smoky Mountains for a week of team bonding, intense mountain training, and relaxing fun.

**When:** Sunday, July 14<sup>th</sup> – Friday, July 19<sup>th</sup>

**Cost:** \$575 (includes lodging, \*food, transportation, and activities)

\*lunch on the travel up and back home is not included

**Where:** Lodging at the Tuckaleechee Retreat Center in Townsend, TN

## Tentative Schedule

**Sunday, July 14** – Depart from Tallahassee at 5am. White Water Rafting on the Nantahala River at 1pm. Dinner at Downtown Pizza in Murphy, NC.

**Monday, July 15** – Morning run at Tremont Road, followed by swimming at The Wye. Gatlinburg Scavenger Hunt and dinner.

**Tuesday, July 16** – Morning run on Townsend Trail. Soaky Mountain Waterpark the rest of the day. Dinner at the lodge.

**Wednesday, July 17** – Morning long run through Cades Cove. Tuckaleechee Caverns in the afternoon at 3pm. Smore's and campfire that evening.

**Thursday, July 18** – Morning run near the retreat. Great Smoky Mountain adventure in the afternoon. Hike at Alum Bluff Caves, Clingman's Dome, and Newfound Gap. The Pirate Voyage Dinner Show in Pigeon Forge that evening.

**Friday, July 19** – Morning run on Rich Mountain Road. Depart lodge by 10am.

Please contact Coach Chris Sumner for more information or if interested in chaperoning.

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