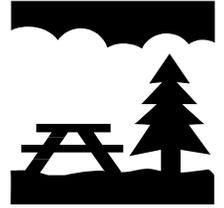




Norwin XC Running Camp

“Healthy Potluck Picnic and Open Race 2015”



Race Information:

Campers will be running the full course (high school 5K, junior high 1.5 miles). Awards will be presented for winner in each age group and gender. This year we are looking to get as many alumni, parents, others that would like to run as well. You may run EITHER the 5K or 1.5 mile course!!!! The high school course is 2 loops of middle school course. It is a FREE entry and you will have your time recorded on Norwin XC course. Dust off the shoes and have fun.

Potluck Information:

We are planning on having a potluck dinner the last night of the cross country camp *Friday July 10, 2015*. We are trying to have the picnic be a “healthy” picnic with foods that are nutritious and pack energy and aid recovery when running. We are trying to avoid processed and fried food.

On Friday, we will run a summer time trial of the upcoming course for the season at 6:15 followed by a cookout at 7:00. Families are invited to attend both the time trial and picnic.

- ✓ We also could use a couple of parent volunteers to start setting up the picnic while the kids are running the course. If possible let one of the coaches know on Thursday.
 - Please keep the number attending to four or less if possible for the cookout because of the numbers.

Food Responsibility

Due to the number of campers (75+), we are doing the cookout as a sort of potluck dinner. The following is a breakdown of what each camper is required to bring if he/ she or family is attending. We will provide drinks, plates, plastic ware, napkins, cups, etc. If there is a problem, please let me know. We are keeping this very informal and casual and this is our second year in this form; last year was a great success!!

- ✓ We are trying this year to keep the dinner to a “healthy dinner” and hopefully expose the kids to some healthier options than they traditionally eat.
 - The goal of the picnic is have a plate of “appetizer” size items to sample and enjoy.
- ✓ Serving size should be for about six to eight people, so if 75 campers bring food for six to eight people, there is enough food for 400 people to eat!!!! (hopefully, the numbers will be much smaller, but we want to be prepared). Use toothpicks or cut food into very small appetizer-size pieces.
- ✓ Additionally, if your dish needs cooled, please bring a cooler to store your dish in until we eat at 7:00 pm.

****These are suggestions. If you have another dish in mind, feel free to substitute****

- **High School Campers (9th-12th graders):Main Course Items**
 - Try to provide a dish, casserole, meat, or main course item.
 - Bring in dish, Tupperware with name on it and serving spoon or spatula
 - Try to divide course into as many smaller pieces as possible.
 - For instance, you can use toothpicks on a dish, or if you make a fresh pizza or casserole, divide the dish into as many small servings as possible.
- **8th Grade Campers:.....Main Course Items**
 - See description above
- **7th Grade Campers + 6th Grade Camper.....Side Dish**
 - Bring a side dish (pasta salad, fruit, dip, veggie, beans, etc.)
 - Please bring in container with name on it and serving spoon or fork
- **6th Grade Campers.....Dessert**
 - Bring a healthy dessert – yogurt, fruit, etc.

LOOKING FORWARD TO SEEING YOU!!!

Please Bring Lawn chairs or blanket

