

# Seminole Trails Running Camp

Official Schedule

June 18-22, 2024

Tuesday, June 18

12:00-3:00pm	Camper check-in Salley Hall, 808 W Tennessee St, Tallahassee, FL 32304
3:15pm	Meet outside of Dorm – group & load vans/buses
3:40pm	Depart for trail run at Lafayette Heritage Trail
4:15pm	Begin run
5:30pm	Depart trail for campus
6:30-7:15pm	Dinner at Seminole Café
7:30-9:00pm	Speaker session at Moore Auditorium
10:30pm	Dorm check/lights out

Wednesday, June 19

6:00am	Wake up!
6:30am	Depart for trail run at Wakulla Forest Trail
7:15am	Begin run
8:00am	Breakfast at trailhead
8:30am	Depart trail for Wakulla Springs – soak & swim
10:30am	Depart Wakulla Springs for campus
11:00am	Shower/Free time
12:00-1:30pm	Lunch at Seminole Café
1:30-3:30pm	Speaker session in Champion's Club
3:30-4:15pm	Learning drills & movement at Mike Long Track
4:30-5:30pm	Shower & free time in dorms
5:45-6:45pm	Dinner at Seminole Café
7:15-9:45pm	Evening Activity
10:30pm	Dorm check/lights out

Thursday, June 20

6:00am	Wake up!
6:30am	Depart for trail run at Klapp-Phipps Park
7:15am	Begin run
8:00am	Breakfast at trailhead
8:30am	Depart trailhead for campus
10:00-11:30am	Speaker session at Champion's Club
12:00-1:00pm	Lunch at Seminole Café
2:00-4:00pm	Special topics lecture at Champion's Club
4:15-5:30pm	Free time
5:45-6:45pm	Dinner at Seminole Café
7:15-9:45pm	Evening Activity
10:30pm	Dorm check/lights out

Friday, June 21

6:00am	Wake up! (Bring swimsuit, towel, sandals, water bottle)
6:30am	Depart for trail run at Miccosukee Greenway
7:15am	Begin run
8:00am	Breakfast at trailhead
9:00am	Depart trail for Blue Springs in Marianna, FL – soak/swim
11:30am	Lunch catered by Bagel Bagel
12:45pm (CT)	Depart Blue Springs for campus
3:00pm (ET)	Arrive at campus
4:00-5:30pm	Speaker session in Champion's Club
5:45-6:45pm	Dinner at Seminole Café
7:00-9:30pm	Camp Dance in Champion's Club
10:30pm	Dorm check/lights out

Saturday, June 22

6:00am	Wake up!
6:30am	Depart for Apalachee Regional Park (XC course)
7:15am	Warm up
8:00am	Krispy Kreme 2 Mile Challenge
9:00am	Breakfast at cross country course
9:30am	Depart for campus, pack, & clean rooms
10:30-12:00pm	Check out! Everyone must be picked up by noon! Salley Hall, 808 W Tennessee St, Tallahassee, FL 32304