

SEMINOLE TRAILS RUNNING CAMP

OFFICIAL SCHEDULE

June 24th-28th, 2023

WEEKLY SCHEDULE



SATURDAY JUNE 24

12:00-3:00pm	Check in Salley Hall, 1006 W. Call St. Tallahassee, FL 32306 Degraff Hall, 808 W Tennessee St, Tallahassee, FL 32304
3:15pm	Meet outside of Hall – group & load vans/bus
3:30pm	Depart for trail run at Lafayette Heritage Trails
4:15pm	Begin run
5:30pm	Depart trail for campus
6:15-7:15pm	Dinner at Seminole Cafe
7:30-9:30pm	Speaker Session in Champion's Club - 225 Champions Way Building B
10:30pm	Dorm check / Lights out

SUNDAY JUNE 25

6:00am	Wake Up! (Bring swimsuit, towel, sandals, water bottle)
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
12:00-1:00pm	Lunch at Seminole Café
1:30-3:30pm	Speaker Session in Champion's Club
4:00-4:30pm	Camp play
5:45-6:45pm	Dinner at Seminole Café
7:15-9:45pm	Team Campers depart for Fun Station & Individual Campers Bowling Student Union
10:30pm	Dorm check / Lights out

MONDAY JUNE 26

6:00am	Wake Up!
6:30am	Depart for trail run at Forest Meadows / Phipps
7:15am	Begin run
8:00am	Breakfast at trailhead
8:30am	Depart trail for campus
9:00am	Shower/Free time

10:00-11:30am	Speaker Session in Moore Auditoriums - 403 Stadium Dr
12:45-1:45pm	Lunch at Seminole Café
2:30-4:30pm	Camp play
5:45-6:45pm	Dinner at Seminole Café
7:15-9:45pm	Individual Campers depart for Fun Station & Team Campers Bowling
10:30pm	Dorm check / Lights out

TUESDAY JUNE 27

6:00am	Wake Up! (Bring swimsuit, towel, sandals, water bottle)
6:30am	Depart for trail run at Miccosukee Greenway (long run day)
7:15am	Begin run
8:30am	Breakfast at trailhead
9:00am	Depart trail for Blue Springs – Soak/swim
11:30am	Sack Lunch catered by Bagel Bagel
12:45pm	Depart Blue Springs for campus
3:00pm	Return to campus
4:00-5:30pm	Speaker Session in Moore Auditoriums
5:45-6:45pm	Dinner at Seminole Café
7:30-9:30pm	Camp Dance in Champion's Club
10:30pm	Dorm check / Lights out

WEDNESDAY JUNE 28

6:00am	Wake Up!
6:30am	Depart for Apalachee Regional Park (State XC Course)
7:15am	Warm up
8:00am	Krispy Kreme 2 Mile Challenge
9:00am	Breakfast at trailhead
9:30am	Depart for campus, pack, & clean rooms
10:30-11:30am	Check out! – Everyone must be picked up by 11:30am

Everyone must be checked out by 11:30am

Each camper is responsible for his/her original building access card & room key

Lost keys will result in a fine