

SEMINOLE TRAILS RUNNING CAMP

OFFICIAL SCHEDULE

June 18th-22nd, 2024

WEEKLY SCHEDULE



Tuesday, June 18

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

Wednesday, June 19

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

Thursday, June 20

6:00am	Wake up!
6:30am	Depart for trail
7:15am	Begin run
8:30am	Breakfast at trailhead
9:00am	Return to campus

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

Friday, June 21

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

Saturday, June 22

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