



## Frequently Asked Questions

### **1. What fitness level do I need to be and what mileage will I run at camp?**

All campers are assigned a training group based upon the campers' experience, ability, and current fitness level. Pace and distance for runs and workouts may vary by training group. During registration you will provide updated information about your summer running, number of years competing and current predicted 5K pace. Movement between training groups is flexible as campers adjust to camp workouts.

### **2. What if I have a food allergy?**

The kitchen staff at Cairn University is well equipped to deal with any dietary needs or restrictions. Campers with specific requirements should identify this information during registration. We will work directly with the kitchen to accommodate their needs.

### **3. What should I bring to Camp?**

Please see our detailed What to Bring Camp Checklist. We recommend campers bring 2 pairs of training shoes to camp in the event of rain. The week ends with a 5K trail race for which training shoes or spikes is appropriate depending on the preference of the camper. (Note: parents and other spectators are welcome at the 5K. They can also register and run the 5K race as it is open to additional participants. More information about the Summer 5K will be sent.)

#### **4. When should I arrive to camp and expect to leave?**

Final registration and check-in occurs on the first day of camp on the Cairn University campus from 1PM to 3PM. Campers can arrive, check-in and get settled in their dorms during this time. Camp ends at the close of the final assembly on the last day of camp. Campers clean out their dorms at 7:30AM before heading to the Summer 5K course. Campers are free to leave once the 5K race is completed (approximately 10:30AM – 11:00AM).

#### **5. What is Running with Biblical Virtues? Do I need to participate in these sessions? How do I get college credit?**

The Biblical Virtues of Running is biblical based, college level course with the curriculum developed by college faculty. It is structured to help runners incorporate and share their faith into their running regimen. Some of the topics include: Running and Faith, Running and Worship, Running and Wisdom, Running with Perseverance and Endurance, Running with Humility, Running and Community, and many more. Each session includes a time of instruction and discussion. Campers are encouraged to participate in each session, but sessions are optional unless they have registered to receive college credit. Two (2) college credits will be issued through Cairn University for each camper who has registered, paid, and participates in all learning sessions, work assignments and completes the final exam.

Don't see your question? [Contact us!](#)