

**Blue Mountain Cross Country LLC**  
**PO Box 31551**  
**Raleigh, NC 27622**

**570-998-4080** before 8/15  
**570-448-2500** during camp

Dear Camper,

Thank you for registering for the August 15-21, 2010 week at Blue Mountain Cross Country Camp. Your camp and/or bus balance are due by August 1, 2010. We look forward to seeing you in August.

Blue Mountain is being hosted by Camp Westmont in Poyntelle, PA. This is our 5th year at this facility. You should plan to arrive at camp between 1 and 3pm if you will be driving to camp. Bus departure schedules will be available on our website [www.bluemountainxccamp.com](http://www.bluemountainxccamp.com) as it gets closer to camp.

**All forms and complete payment are due prior to August 1, 2010. This includes the enclosed forms (“Campers Health Examination”, “Accident Waiver and Release of Liability”, and the “Running Information”) completed, along with the balance due.**

**This will allow us to greatly simplify and shorten the arrival process. We will allow runners to choose their bunkmates upon arrival at camp. Each school is limited to four campers per cabin. Each building contains 2 or more “cabins”.**

Meals are scheduled from Sunday at 6:00 PM through and including brunch on Saturday. Departure is scheduled late Saturday morning between 10 and 11 AM.

Spending money may be desired for snack bar, camp pictures, etc. Please provide for the safekeeping of your own valuables (i.e. locked suitcase) limiting these to essential items. We can not be held responsible. We will offer pre-paid cards at registration for use at the snack bar.

Our camp is offering intensive instruction in distance running techniques and our staff is the very finest. Camp rules are stated at the first session and must be strictly adhered to. All instruction **MUST** be attended. **MISBEHAVIOR WILL NOT BE TOLERATED AND WILL RESULT IN IMMEDIATE DISMISSAL FROM CAMP WITHOUT A REFUND.**

Our location and facilities are great and we have organized an excellent program. We know you will be happy that you have selected Blue Mountain Cross Country camp and look forward to seeing you this summer.

Sincerely,  
John Malach and Dale Ladd, Camp Directors

PS To make the most of your camp experience, be in good condition.

**Bring to camp:**

Sleeping bag or bedding  
Pillow  
Towels and washcloths  
Running shoes, other shoes,  
Socks and underwear  
Bathing suit  
Jacket, sweater, rainwear  
Pajamas,  
Jeans, shorts, tops  
Toiletry articles, laundry bag  
Running gear, water bottle

**Camp Address (During Camp week)**

Blue Mountain Cross Country Camp  
C/O Camp Westmont  
Box 15 Rt 370  
Poyntelle, PA 18454

**Mailing Address (prior to camp)**

Blue Mountain Cross Country Camp  
PO Box 31551  
Raleigh, NC 27622

Or email us at  
[john@bluemountainxccamp.com](mailto:john@bluemountainxccamp.com)