



NRXC 2025 XC Camp Information Sheet

July 9, 2025

NRXC Parents:

OK, here is the big XC camp update. I meant to get this out a week ago, but things have just been too busy! I'm sure you all understand that!

Location, Dates & Times:

[Camp Lomondi](#), located near North Forth Park in Ogden Valley. Camp will run from Wednesday, July 23 through Saturday, July 26, 2025. The specific times for drop-off and pick-up are outlined below.

Date & Time Leaving:

Because camp is so close this year, I anticipate most kids will just drive themselves up or catch a ride with a friend. We will not plan to meet to travel together unless there is a demonstrated need. If your athlete will need a ride, I'm sure he or she can catch rides with a friend. Please use the XC Camp 2025 topic on GroupMe to coordinate.

We can check in at 1:00 PM on Wednesday, July 23, 2025. I am seeing if it's possible that we could check in a little early, say 11:00 or 11:30 AM. If that's a possibility, I will let you know. It would be nice to get tents set up earlier, so we have more of the afternoon for activities.

Date & Time Returning:

We will leave camp around 11:00 AM on Saturday, July 26, 2025, and will be back to Northridge (or home, as the case may be) by 12:00 noon.

Transportation:

As noted above, athletes are responsible for their own transportation to and from camp. However, parents may coordinate rides using the Carpool and Rideshare Topic on GroupMe. The drive to the camp is entirely paved and is accessible to any vehicle.

Cost:

The cost of camp will be \$100 per child, which covers their lodging, food, and activities while at camp. This is in line with what the cost has been for past years. Since we are running this through our club team, payment will be made through Venmo, to @NorthridgeXCclub. Please put "NRXC Camp [Child's Name]" as the memo for the payment.

Permission Slip & Waiver:

All athletes attending camp will need to sign the permission slip and waiver. I will pin this document on the "XC Camp 2025" topic. Let me know if there are any questions or concerns.

Lunch on Wednesday:

Athletes will be responsible for bringing their own lunch on Wednesday. We will feed them the rest of the time. They should bring food for the car ride up and then something to eat for lunch once they arrive.

Shelter:

Athletes will be camping in tents. We have separated tent sites reserved for the boys and girls. Kids of the same gender may share tents. Adults may sleep in a tent with their child of their same gender, if they wish, but I think the kids will want to stay together. I will be visiting the camp to determine if we have room for adults to sleep in the lodge, or if we will need to camp as well. Stay tuned on this point.

Bathrooms and Showers:

The camp has both showers and bathrooms available to use. We will also be in the water on both Thursday and Friday, so that will help with keeping the dirt off.

Deseret News 10K and 5K Races:

On Thursday, our athletes will run the Deseret News 5K or 10K races in SLC. These are some of the best races in the state and will have good competition and a great atmosphere. These races take place in SLC, starting either at Research Park (up by the University of Utah) or at 900E near South Temple. They finish at Liberty Park. The team will cover entry costs for all athletes.

These races start EARLY, and it will require our athletes to wake up early and some parents to help drive everyone down, drop them off near the start, and pick them up from the finish. But we think it will be worth it. There is a high school competition for the 10K, which we hope to enter for the boys and the girls. They consist of 4-person teams and will be scored XC style (i.e., lowest score wins). We'll have either 1 or 2 teams, depending on athlete interest. The rest of our athletes will run in the 5K. After we're done, we will have a breakfast in SLC, will play games together, and then get ready to travel back to camp, which we will do via Henefer, where we're float the Weber River (see below).

Floating the Weber River and Swimming at Pineview:

We'll have two water activity days this camp. On Thursday, on our way back to camp from SLC, we'll float the Weber River. On Friday, we'll spend a few hours at Pineview (probably from about 9 AM to 2 PM). We will need parent volunteers to help transport kids to and from Pineview.

Ben Lomond Run:

Early Saturday morning, myself and Coach Hazard (and other adults who wish to join us!) will be taking some of our varsity athletes and more experienced runners who want to go on a trail run to Ben Lomond Peak. The total distance is around 10 miles round trip, with about 3,700 feet of elevation gain. It is a strenuous run, and so participation is by invitation only. Those athletes that are invited will need a camelback with water and food. I anticipate the round trip (including a brief time jumping in the lake) to be around 3.5/4 hours. I will notify the athletes that are invited by separate message. We will be back in time to help clean up the camp and check out.

Talent Show/Movie Night:

Friday night we will (depending on captain's decision) have a team talent show or team movie night. If it is a talent show, every athlete is expected to participate. We've done this before, and it has been great. The kids are so supportive of each other. I know this can be stressful for some kids, and I will never force a child to participate in a talent show, but I really want every kid to contribute something. Kids can participate in a group or by themselves. If you or your child has any concerns about this, please let me know.

Parent Volunteer Needs:

The biggest needs we will have is for parents to drive kids to and from the Deseret News races on Thursday and to and from Pineview on Friday. Parents who drive athletes down for the Deseret News races may want to come up and stay at the camp the night before, because we will be leaving EARLY. Parents are always welcome at the camp for all or a part of the week, but, generally speaking, while at camp, we have sufficient people to chaperone between the coaches, their families, and the Jeffreys. All that said, I would LOVE to have any of you come up whenever you're inclined or available. You can join us on a run, join the for activities, or come up and have dinner. Just let us know when you are coming up!

That's all I can think of for now! I'm sure there will be plenty more updates in the next week. I look forward to this each year, and would love for your children to be able to come...I think it will be a good experience!