

SHS Cross Country Camping Trip



Trip Overview

Join us for five days of fun and team bonding in the scenic Black Hills! We'll enjoy hiking, running, wildlife viewing, and relaxing around campfires. The trip is open to all levels of experience.



Where Do We Go?

The team will be going to **Custer Mountain Cabins & Campground** in Custer, South Dakota.



When Do We Leave?

- **Departure:** July 28, 2025, at 7:00 AM
- **Location:** Smithville High School Parking Lot
- **Return:** August 1, 2025, around 6:00 PM



What Does It Cost?

The trip cost is **\$250 per athlete** (\$50/day), which covers lodging, food, and transportation.



Registration

- **Deadline to Register:** July 11, 2025
- **Payment Due:** July 14, 2025
- **Sign up:** Fill out the registration form and submit payment.

Parent Volunteers

We are needing 2-4 volunteers to join us. These volunteers will help with food preparation and driving. If you are Interested please fill out this form:

<https://forms.gle/SpTZ6GvNkRN8WHWHA>



Food & Water

- All meals provided at camp (breakfast, lunch, dinner)
- **Athletes will need to bring money for lunch on the drive up and back.**
- Clean drinking water available—bring a reusable bottle
- **Allergies or dietary restrictions?** Let us know in advance.



Trip Requirements

To attend, athletes must complete **22 summer runs** (75% of sessions). This can be tracked by:

- Using **Strava** or **Garmin Clipboard**
- Sending screenshots of your runs (distance/time)

All methods require a minimum of 22 recorded runs.



Student Behavior Expectations

- Respect teammates, coaches, and nature.
- Follow all safety rules and listen to staff instructions.
- Curfew and quiet hours will be enforced.
- Phones may be limited during group times.



Running Safety

- Always run with a **buddy or group**.
- Stay on **designated trails** and paths.
- Hydrate.
- Be mindful of **wildlife and trail conditions**.



What to Bring

Camping Gear

- Sleeping bag, blanket, pillow
- Headlamp/flashlight
- Folding chair
- Personal snacks

Clothing

- Layers for variable weather
- Waterproof jacket
- Running shoes & cozy shoes
- Hat, sunglasses, swimsuit

Personal Items

- Toiletries, Towel
- Sunscreen, lip balm
- Reusable water bottle

Optional

- Book, cards, games for downtime



Emergency Protocol

- Staff will carry a **first-aid kit** and have **emergency contact numbers** on hand at all times.
- Nearest medical facility: **Custer Regional Hospital**, 1220 Montgomery St, Custer, SD 57730, approx. 10 minutes from camp.
- In case of an emergency, parents will be contacted immediately by Coach Gorham.



Weather Contingencies

- **Rain:** Covered areas and cabin-based activities are planned. Bring a waterproof jacket!
- **Extreme heat or cold:** We will adjust running times and activities for safety
- **Severe weather:** Safety is our priority; we will follow campground emergency protocols.



Sleeping Arrangements

- Campers will be sleeping in **shared tents** (grouped by gender). Tent assignments will be shared before departure.

We can't wait for an unforgettable experience in Custer, South Dakota!



Let's make memories together.



Contact Info

Coach Gorham

Phone: 816-462-7196

Email: gorhamr@smithville.k12.mo.us

Itinerary

July 28 Monday

7:00am - Leave school
12:30-1:00pm - Arrive at Sioux Falls for lunch. Food spots- Chick-fil-a, Panda, chipotle.
1:30pm - Leave to get gas. BP - 5 min away
1:45pm - Leave for custer, BR break
6:25pm (Time Change) - arrive at Custer Mountain Cabins and Campground
6:45pm - Set up / Run / Eat
8:00pm - Go over expectations and rules for the week.
8:30-10:00pm - Free time
10pm - Lights out

July 29 Tuesday

7-8:00am - Breakfast
8-9:00am - Free time
9:00am - Run from camp on trail
11:00am - Free time
12:00pm - lunch at camp
12:45-2pm - Team bonding
2-4pm - Free time
4-6pm - Games
6-7pm - Dinner at camp
7-10pm - Campfire activities
10pm - lights out

July 30 Wednesday

7-8:00am - Breakfast
8-9:00am - Free time
9:00am - Run (Go to trail by crazy horse)
11:00am - Free time
12pm - lunch at camp
1pm - Leave for Mt Rushmore
3-4pm - Get back
5pm - Games
6pm - Dinner
7-8pm - Team games
8-10pm - Free time / Camp fire

July 31 Thursday

7am - Start running from camp.
9am - Free Time / Breakfast
10am - Team Games
11am - Cave exploring
1-2pm - Return and eat lunch
3-4pm - Free time
4pm - Run
6pm - Dinner
7-8pm - Games
8-10pm - Free time / camp fire

August 1 Friday

7am - Breakfast/Pack up
8am - Leave Camp
2:30-3:00pm (Time Change) - arrive at Sioux Falls for lunch.
3:45pm - Leave for gas.
4:15pm - Leave for school.
9:00pm - arrive at school