

Dear Ultimook Campers,

The Ultimook Running Camp is excited to have you attend our camp. We hope you have been running this summer! Our passion is to give you one of the best running experiences of your life. We'll take you on some of the most beautiful runs on the Oregon Coast and challenge you to become a better runner and a better leader. We want you to make it to the top.

We are preparing camp for today's reality with Covid-19. Because we are an outdoor camp, most of our activities will be business as usual. Here are the things you need to know and prepare for:

1. Prescreening: We are preparing a prescreening section in Camp Doc Network and this will include:
 - a. You will need to provide:
 - i. Proof of vaccination
 - ii. or proof of negative Covid test within 1-3 days prior to camp. If unable to make the 3 day testing time, please contact me at pat@ultimookrunningcamp.com.
 - b. If you are unvaccinated and unable to test for a good reason, please contact me at pat@ultimookrunningcamp.com. We are trying to get signed up on an arrival testing via the State of Oregon—however, to be honest they are being unresponsive and programs they have promised do not seem to be operating.
 - c. For vaccinated or unvaccinated, there will be questions that need answered the 3 days prior to camp. We will publish all these questions within a few days.
2. Masks will not be required for most of camp since we are outside. Masks will be required when inside your tent during the day (nearly all day will be spend outdoors). Masks will not be worn during sleeping time. We will take 4 bus trips, we will be requiring masks worn on these short bus trips. We will have many windows open to give natural ventilation.
3. You will be divided into cohorts or teams (as usual) and will be expected to stay in this group for much of camp. We will need you to stay 6' away from other cohorts (teams). During runs/team activities, the nature of these are such that you are generally 6' or more apart. We will eliminate a few events and replace them with events that offer more distancing.
4. If you are coming as a group or a team and feel more comfortable sleeping in your own tent (of adequate size to provide 30" between bedding), then we will have this as an option. If you want to sleep in your own tent please e-mail me at pat@ultimookrunningcamp.com.
5. For 14 days prior to camp for the unvaccinated, please self quarantine. This includes physical distancing, mask-wearing when not at home, avoiding unnecessary travel, and refraining from indoor social gatherings with people outside of their households.
6. If you come down with Covid-symptoms during camp (screening twice daily), you will be taken to the Tillamook County Health Department for testing. We will need parental permission to test you if you come down with symptoms. If you test positive for Covid you will need to be picked up ASAP. We have arranged a safe zone for those athletes who may have come down with Covid prior to pickup.
7. If you are unvaccinated, but someone in your cohort comes down with Covid, there is a good chance you will need to be picked up as well.

We are hopeful we will have no problems, but we are required and obligated to follow OHA requirements. Ultimately, our outdoor camp on the Hydrangea Ranch is to our favor and we will embrace the outdoors!

Please look over the [list of things to bring to camp](#). Remember we are on the Oregon Coast and while the lower temperatures may feel welcome, the beach can get cold.... And we seem to always end up with a drizzly day. So please be prepared for much cooler temperatures.

Check in is between 1:30 and 3:00 on Aug. 1st for 1st session and Aug. 8th for 2nd session. On Saturday morning of each session, we have a 3k race at 9am, awards at 10:00 AM and check-out at 10:30 AM.

If you signed up for an airport shuttle, please fill out the airport shuttle form so we are prepared to gather you up at the airport. [Here is the form](#). We will confirm airport shuttle details 3 days prior to camp via e-mail. If you do not hear from us, PLEASE CONTACT US at pat@ultimookrunningcamp.com or Pat's cell phone at 503.812.9190. We must have clear communication.

If you are part of a team and your coach plans to attend, please be sure to have them contact us so we can expect them. We have a separate area for coach camping.

Daily Camp Updates: Daily updates including photos, activities, etc. will be given on Facebook: Ultimook, as well as on our website at www.ultimookrunningcamp.com. Follow along daily as your kids participate in camp.

We need your help... just now our athletic trainer notified me that he will not be able to attend the 2nd session. We are looking for a licensed athletic trainer. Please help spread the word....much appreciated.

Please e-mail or call me with any questions, comments, concerns you might have. My e-mail is pat@ultimookrunningcamp.com and my cell is 503.812.9190.

Thank you,

Patrick Zweifel

Ultimook Running Camp