

BEAVERDAM PARK PUBLIC SERVICE ANNOUNCEMENT

Beaverdam Summer Activities

Nature Explorers Mon - Fri July 13-17 9 AM - Noon

This is an outdoor exploration program for children 10 to 13 year olds. Activities will meet Monday through Friday. Fun and learning will be the main goal as we paddle the lake in canoes, hike the trails, learn about GPS, bike the multiuse trail and investigate the habitats that make Beaverdam so special. This will definitely be a wet and dirty experience so dress accordingly. Topics will include canoeing, outdoor survival and construction of nature projects. Fee: \$55; deadline - July 3.

Running Camp Mon - Fri July 20-24 9 AM – 4 PM

(Ages 13 – 18) Spend a week improving your cross country performance or general running abilities at beautiful Beaverdam Park. The camp will include individual running analysis and shoe fitting, daily warm up runs with strengthening exercises, catered lunch, seminars on all areas of racing and a longer run with a final cool down. One of the final days of camp will be a trip to Yorktown beach for deep water running and a run on the battlefields. The final day of camp will include a ten mile trail run (shorter distances are planned for less advanced runners). Staffing will be led by Heidi Overbay of Gloucester High School and includes coaches Tyler Wingard of CNU, Al Dornier of Woodside High, Brandon. Fee: \$140; deadline – June 22

Running Camp Mon - Fri July 27 - 31 9 AM – Noon

(Ages 8 – 12) Spend a week improving your running performance and general running abilities. The camp will include both warm up and long runs, daily strengthening exercises, running games and seminars that discuss various topics such as diet and exercise. Fee: \$50; deadline – June 22.

If you have received this announcement and are not the proper contact person at your agency or you cannot utilize this information, please contact me at (804) 693-2107 or trummel@gloucesterva.info, so that my mailing list can be updated. If you would prefer to receive this notice by fax or email, please let me know. A PSA will be sent out two weeks prior to the upcoming month, arrangements can be made if this is not enough time to meet your needs.

Thank you,
Tom Rummel, Park Ranger