

**Aloha Outdoor Sports LLC**  
**PO Box 1718**  
**Honolulu, HI 96806**  
**808-227-8777, email: alohaoutdoorsports@yahoo.com**

Dear Camper,

Thank you for registering for the 2012 Aloha Cross Country Camp. We look forward to seeing you July 25, 2012 at Camp Erdman in Waialua, HI.

Check in for camp is at 11am, July 25, 2012.

Meals are scheduled from lunch, July 25(Wed.) at Noon through and including breakfast on July 29. Check out time is 10am on Sunday, July 31.

Please provide for the safekeeping of your own valuables limiting these to essential items. We cannot be held responsible.

Our camp is offering intensive instruction in distance running techniques and our staff is well qualified. 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 the Aloha Cross Country Camp and look forward to seeing you!

Sincerely,

Jonathan Lyau and Chet Blanton, Camp Directors

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

**Important things to bring to camp:**

Sleeping bag or bedding  
Towels, toiletries and washcloths  
Running shoes  
Socks and underwear  
Bathing suit  
Jacket, sweater, rainwear  
Pajamas  
Jeans, shorts, tops  
Toiletry articles  
Running gear (we will be doing 2 workouts per day)  
Water bottle, flashlight with fresh batteries  
Sunscreen and insect repellent  
Mat or towels to lie on during exercises.  
Notepad and Pen  
Essential personal items

**Camp Contacts (During Camp week)**

Chet Blanton, 753-5381  
Jonathan Lyau, 227-8777