



2026 WIN
RUNNING



2026 WINGFOOT CAMP IS HERE!!!

On behalf of Wingfoot Running Camp, Atlanta Track Club, and thousands of alumni, Welcome to the Camp Family! This week is focused on having fun, training well and learning about this sport that we love. Come with an adventurous spirit and leave with friends for life! Today, campers will focus on getting settled in their dorm,

orienting themselves to campus, learning the rules and procedures of Camp, and getting to know the more than 250 other campers and staff. This week is certain to fly by for the campers and for the adults that care for them. Thank you for trusting Wingfoot Running Camp.

Sunday Check-in Times:

1:00-3:00 p.m. CST - Check in at UAH Charger Village Edition - 601 John Wright Dr. NW, Huntsville, AL 35805

Friday Pickup Times:

12:00 p.m. CST - Charger Village Addition. Parents can arrive early to attend the Commencement Speaker and Graduation in the Charger Union Theater Optional lunch OR depart campus

UAH CAMPUS MAP



We've Got V
Your new way to view Wingfo
photos each do

NEW THIS YEAR: VIEW DAILY PHOTOS ON WALDO CAMPS

We're excited to share that all daily photos from the 2026 Wingfoot Running Camp will be shared each day on Waldo Photos. These albums are password protected and allow campers, coaches and family members to see photos faster without having to search.

How to view your camper's photos:

- Visit waldophotos.com/@atlantatrackclub or text WRCAMP2026 to 735-343

- Enter the gallery code to see photos: WRCAMP2026

You can then choose between manually searching through all photos in the gallery, or if you'd like to save time and use facial recognition to find your camper's photos faster, you can opt into Auto-Tagging feature, upload a photo of the camper and automatically find their photos.

KEEP UP WITH WINGFOOT RUNNING CAMP ON SOCIAL MEDIA

Throughout the week, tune in to Atlanta Track Club's social media channels for updates on Wingfoot Running Camp activities. From fun TikToks to run recaps on Instagram, Atlanta Track Club's social media accounts are the best way to see how much fun athletes are having at Camp! Campers, join the official Wingfoot Running Camp Strava Club before you arrive so you can share your activities, training sessions during Camp and keep in touch with your Camp Fam afterwards.



JOIN THE STRAVA CLUB

**JOIN REMIND FOR IMPORTANT
NOTIFICATIONS WHILE AT CAMP**

To join Remind, follow these steps:

Via Text: Text the class code below to 81010.

Using the App: Download the Remind app from your app store. Open the app, tap "Join a Class," and enter the class code

2026 Remind Class Codes:

Boys = @wrc26b

Girls = @wrc26g



CAMP DAILY ACTIVITIES

Training Sessions

Enjoy morning runs on the trails around Huntsville such as Monte Sano State Park or along the Tennessee River on dirt roads and afternoon Effort-Based Training (EBT) sessions on the spacious campus of UAH. Campers will be grouped according to fitness level,

and groups will be led by experienced runners. A solid week of developmentally appropriate summer training that prepares athletes for the fall cross country season can be expected.

Educational Sessions

Campers will be able to learn from experienced coaches and athletes from various levels (professional, collegiate, high school, and youth). By the end of the week, campers will have learned about various topics, such as training, recovery, nutrition, race tactics, and more. Campers will have a chance to equip themselves with a knowledge base to be successful in our sport. Examples of the camp education curriculum can be seen [here](#).

Recreational Sessions

Outside of daily free time, campers will have staff-led recreational opportunities. These sessions will be fun, allow campers to meet new people, engage with their peers, and develop long-lasting friendships.

CAMP SCHEDULE



GUEST SPEAKERS

- Monday Atlanta Track Club Elite Panel - The Life of a Pro Athlete
- Tuesday Dr. Kate Mihevc Edwards PT, DPT - REDs
- Wednesday ATC NIL Panel - Success in High School
- Thursday Ellery Lincoln - Breaking Through

- Friday Graduation - Eric Heintz - For the Love of the Run



EDUCATIONAL BREAKOUTS

Educational sessions will cover proper running technique, speed, form, and team building. Runners will also learn about a wide range

of running-related topics including nutrition, sports psychology and footwear.

BREAKOUTS SCHEDULE



CAMP MAIL AND DELIVERIES

Any Camp Mail can be sent to the following address.

601 John Wright Parkway NW, Huntsville AL 35805. C/O Becky Megesi

Please be advised that UAH is in Summer Session so deliveries are often slower than usual.

CAMP CONTACTS

Coach Alan Drosky - 404-580-6070 (cell)

Coach Becky Megesi - 678-520-9644 (cell)

CAMP FORMS

If you have not completed the following forms or need or make updates, please due so ASAP as they are now past due.

MEDICAL DISCLOSURE FORM

RUNNING GROUP SURVEY



Quick Links

Event Website

Membership

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SENT VIA

**LET'S
DO
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