Things you need to know about *Every Man Alive* Boot Camp

Check in is between 5:00 PM and 7:00 PM on Friday evening. Dinner is at 7:30 PM, and our first session is at 8:00 PM. We will have a full itinerary for you when you arrive.
The last session will end at approximately 11:45 on Sunday, and lunch will be at noon.

- All meals are provided.
(Friday dinner, Saturday breakfast, lunch and dinner, and Sunday breakfast and lunch)
- If you want snacks and/or water, you'll want to bring those.
- Bedding will be provided by the lodge.
- You'll need your own personal items, and a towel.
- There is a soda machine there, and coffee and lemon-aid are available all day.
- There is very little, if any, cell service, so you'll want to leave behind this phone number – it's directly to the lodge. *(Emergency Phone Number: (540) 396-4822)*

Directions to YDI:	From South of Staunton, VA	From North of Staunton, VA
	Take I-81 South	Take I-64 to I-81 north

All points:
Take EXIT 225 toward Staunton, and merge onto VA-275 W / VA-262.
(Go through the stop light crossing Rt. 11.)
Take the CHURCHVILLE AVE ramp toward US-250.
Turn RIGHT onto CHURCHVILLE AVE / US-250. Continue to follow US-250.
Stay on 250 through the little town of Head Waters, (Don't blink or you'll miss it). Go beyond Headwaters on Rt. 250 approximately 2 miles, then turn right on Rt. 614 (Cow pasture Road North). Rt. 614 is immediately after you cross the bridge over Cow pasture River. Go seven (7) miles on Rt. 614 to the YDI entrance on the left. Look for the wooden YDI sign at the entrance. A gravel lane leads to the YDI Lodge.

It will take about and hour from Harrisonburg, and/or about 40 minutes from Staunton.

[Harrisonburg guys and south - you can take Rt. 42 south through Bridgewater (Bridgewater College exit off of I-81) heading toward Churchville. At Churchville turn right onto Rt. 250, and follow directions above.]

If you have any questions you can call me at (540) 746-0360 until about 1:00 PM on Friday, after that, you need to call the lodge directly. Have a safe and blessed trip!

Sincerely,
Greg Tutwiler, EveryManAlive

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