

▶ READ CAREFULLY ◀

# ForImpact

## BOOT CAMP

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**BOOT CAMP PREPARATION MATERIALS**

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## *Welcome to Boot Camp...*

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### **TIME**

Day One: 8:30 a.m. – 4:00 p.m.

Day Two: 8:30 a.m. – 2:15 p.m.

\* Light breakfast available each morning at 8 a.m.

### **LOCATION**

Spruce Mountain Ranch  
14771 Spruce Mountain Road,  
Larkspur, CO 80118  
Please use this address for directions.

Lodging is off site, see page 4.

### **FOOD**

Light breakfast, energy snacks, full lunch and beverages are provided both days.

Please call or e-mail with special dietary needs.

# Welcome.

## What To Bring...

### YOUR MATERIALS

The Training Camp is a WORKING environment. So, please bring with you everything (and anything) you use when making a VISIT or as part of your MESSAGE: brochures, annual reports, program materials, etc.

### A GREAT ATTITUDE (& THE RIGHT ATTIRE)

The Spruce Mountain Lodge is also a RETREAT center... A place to Re-lax, Re-new, Re-energize, Re-design, Re-package, Re-imagine... And any other 'Re-' you can imagine. The RETREAT center is a CASUAL environment. (Real casual, not 'Business Casual'.)

### ESSENTIALS:

Casual/Comfortable clothes for daytime  
Tennis shoes/Hiking shoes  
Sweatshirt  
Rain Jacket



## *Lodging...*

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### **RECOMMENDED LODGING\***

There are several hotel options in and around Monument, Larkspur and Castle Rock. When searching for a hotel, use the physical address for the Spruce Mountain Ranch: **14771 Spruce Mountain Road, Larkspur, CO 80118.**

Castle Rock is south of Denver and about 20 - 25 minutes from the Ranch. Colorado Springs hotels will be about 20-25 minutes from the Ranch also.

## Logistics...

### FLIGHTS

You can fly into either COS or DEN. Colorado Springs (COS) is 40 miles from the ranch and Denver International Airport (DEN) is 60 miles.

*When should I arrive in Colorado?*

Plan to arrive in Colorado the night before Boot Camp begins. You will be able to make a return flight anytime after 5:00 pm MT on the second day of training.

*What are my transport options for getting to Boot Camp?*

Rental cars are advised - The ranch is about 45 mins to an hour from either airport. There are several hotels to choose from in the Larkspur/Monument area.

### FOOD

We are happy to provide a light breakfast and full lunch on both days. Please notify us of any food allergies or special needs in the appropriate field of the Discovery Questionnaire.

### FUN STUFF

Our training takes place indoors, however, the facility is very outdoor-oriented. There will be a couple of long breaks during the day so bring comfortable clothes and shoes for outdoors. The weather varies, so please check the forecast before you come (zip code **80118**) and pack accordingly.

Palmer Lake is a town located about 4 miles from the Ranch. O'Malley's is a fun old school local pub where you cook your own burgers and steaks. Rock House is the place to go for ice cream.

There is a great hike 2 minutes from the Ranch at Spruce Mountain or you can hike up to the Palmer Lake reservoirs.

