



## The Camp CILCA Lowdown

**October, 2023**

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4124 Camp Cilca Rd.

Cantrall, IL 62625

### SAVE THE DATE:

- **October 7: G.R.I.T. RUN**

- The Grueling, Rugged, Intense Trail Run (G.R.I.T. Run) is for the bravest of souls. The 5-kilometer course includes narrow trails, steep hills, creek bed crossings,\* scenic views, and stairs. Runners 6-18 run for \$10. Runners 19 and up run for \$30.
- 8:30 am ~ Registration and Check-in at the large Picnic Shelter.
- 10:00 am ~ Race starts!
- Register online: [runsignup.com/Race/IL/Cantrall/CampCilca5K](https://runsignup.com/Race/IL/Cantrall/CampCilca5K)

- **November 3-5: Women's SCRAPBOOK RETREAT**

- The cost is \$90 for your room and meals. (Private rooms are available upon request for \$120.)
- Each participant will be given a 6-foot table to use. 3 meals will be served on Saturday, as well as brunch on Sunday. Bedding and towels are also provided in the hotel-style rooms of the Christian Growth Center.

- **November 4: Act Like Men WORKDAY**

- 8am-11:30am, lunch provided
- There is lots of hard work to be done preparing the camp for the winter season.

- **December 8-9: Joyful Hearts Christmas**

- Camp CILCA welcomes campers of all ages with developmental disabilities for a 24 hour CHRISTMAS PARTY! Campers are partnered up with a high school or college-age volunteer who will help them have a fun and safe time doing Christmas activities like baking, decorating, singing, and more!



*Camp CILCA exists to strengthen and foster faith in Jesus Christ and relationships with others in a unique outdoor setting.*

Find out more at [www.cilca.org](http://www.cilca.org)