

BOB FIRMAN XC TRIP

BOYS

GROUP 1: Caleb Johnson, Mark Boyle, Ben Dastrup, Carson Day, Steve Oler, Tyler Rhoads

GROUP 2: Arik Manwaring, Alex Harbertson, Easton Allred, AJ Rowland, Nate Beltran

GIRLS

GROUP 1: Jaden Singleton, Avery Hartey, Allison Oler, Rachel Oldham

GROUP 2: Mallory McCarter, Courtney Madsen, Charly Murie, Makenzie Lawson

Self-Travel: Kali Richardson, Lexi Larsen

GENERAL ITINERARY:

Friday, September 20th

Morning Pack a small bag for the overnight stay and bring bag to school

9:20am Checked out after 5th period ends

9:45pm Pack up cars and leave towards Boise Idaho

Travel to Boise, Idaho

5h 15min drive time

6h 15min with lunch/bathroom/gas stops

Between 11:30-12:30 LUNCH

4:00pm HOTEL CHECK-IN
Boys - SpringHill Suites Boise Park Ctr – 424 East Park Center Blvd, Boise, Idaho
Girls - BestWestern Meridian - 1019 S Progress Ave, Meridian, ID

30min drive from hotel to course

4:45pm – 5:30pm PREVIEW COURSE
Destination - Eagle Island State Park –
165 Eagle Island Pkwy, Eagle, ID 83616
30min run – easy pace for the whole course + 6 strides

6pm DINNER

9-9:30pm BEDTIME

Saturday, September 21st

6:00am-8:00am

BREAKFAST

Travel to the course

RACE

Destination - Eagle Island State Park –
165 Eagle Island Pkwy, Eagle, ID 83616

10:30am Varsity Boys 5k (Remaining Boys)

11:20am Elite Varsity Girls 5k (Top 7 Girls)

11:50am Elite Varsity Boys 5k (Top 7 Boys)

12:50pm Varsity Girls 5k (Remaining Girls)

1:15pm

RACES CONCLUDE

1:30pm-2:00pm

LUNCH

2:00pm-7:15/8:15pm

Travel back down to Draper

Travel to home

5h 15min drive time

6h 15min with dinner/bathroom/gas stops