

FOOTLOCKER XC

ITINERARY

THURSDAY, NOVEMBER 30TH – SUNDAY, DECEMBER 3RD, 2017

COST: \$390

TRIP INCLUDES:

- Travel through LeBus Charter Services,
- 3 nights at the Holiday Inn West Covina
- Continental Breakfast provided (Fri,Sat,Sun)
- Olive Garden Dinner - Friday Night
- Beach time at Newport Beach – Friday Afternoon
- Disneyland – Saturday Afternoon

DAY 1

THURSDAY, NOVEMBER 30TH

TRAVEL DAY

- Have your bags packed and ready to board the charter buses at **6:00AM**
- Wear running clothes to save time at our first stop in St. George. Eat breakfast before you leave or bring some food for the bus ride.

11:00am – Short Run in St. George.

(Destination – Crosby Family Confluence Park, 2099 S Convention Center Dr. St George)

12:00pm – Lunch in St. George.

(Destination – Promenade at Red Cliffs off of exit 8)

12:45pm – Depart and continue to California

2:45pm PST – Bathroom stop in Bakers, CA

3:15pm – Depart and continue to Hotel

6:00pm – Arrive at Hotel and Check-In

(Destination – Holiday Inn West Covina, 3223 East Garvey Ave North, West Covina, CA)

(Westlake – Days Inn West Covina, 2804 E Garvey Ave S, West Covina, CA)

6:30pm – Dinner options near the hotel (Eastland Center)

9:30pm – Room Checks by Chaperones

***Athletes must be quiet for the remainder of the night to respect the other hotel guests.**

DAY 2FRIDAY, DECEMBER 1ST**BEACH DAY / RACE COURSE PREVIEW**

- Be dressed for the beach at the start of the day.
- Bring running clothes and PHOTO ID for later in the day.

6:00 – 8:00am – Continental Breakfast available

8:30am – Meet in front of the lobby for the buses. Travel to Newport Beach

9:45am – Arrive at Newport Beach.

(Destination – Peninsula Park, 100 Main St, Newport Beach, CA 92661)

12:00pm – Lunch in the area near the Beach

1:30pm – Meet in the Parking area for the buses. Travel to the Course

2:30pm – Arrive at Mt. San Antonio College. Packet Pick-up (Race Numbers & Shirt)

3:00pm – Run the race course

4:00pm – Meet near the starting area. Travel back to the Hotel

6:00pm – Pre Race Meal - Catered Olive Garden Dinner.

(Destination – Covina Park - 301 4th Ave, Covina, CA)

9:30pm – Room Checks by Chaperones

***Athletes must be quiet for the remainder of the night to respect the other hotel guests.**

DAY 3SATURDAY, DECEMBER 2ND**RACE DAY / DISNEYLAND**

- Have your racing clothes and bib number ready to go before getting breakfast.

6:00 – 6:10am – Breakfast for Freshman & Coaches. Depart as soon as possible.

(Appx 10min Drive – 6:15-6:25am)

6:00 – 6:40am – Breakfast for all remaining athletes, Meet in the front of the Lobby

(Appx 10min Drive – 6:45-7:00am)

RACE SCHEUDLE

7:10 Open Race

7:30 Freshman Boys

7:37 Freshman Girls

7:52 Sophomore Boys 1

7:59 Sophomore Girls

8:14 Sophomore Boys 2

8:24 Junior Girls

8:39 Junior Boys 1

8:46 Senior Girls

9:01 Junior Boys 2

9:16 Senior Boys

9:50 Seeded Girls

10:30 Seeded Boys

11:00-11:50 – Awards

11:15am – Meet at the large parking lot. Travel back to the Hotel.

11:30pm – 1:30pm – Shower / Nap / Lunch in the area of the Hotel.

1:30pm – Meet in front of the lobby for the buses. Travel to Disneyland

2:30pm – Arrive at Disneyland

(Destination – Disneyland Park - 1313 Disneyland Dr, Anaheim, CA)

10:00pm – Gather to the Buses. Travel to the Hotel

11:00pm – Room Checks by Chaperones

***Athletes must be quiet for the remainder of the night to respect the other hotel guests.**

DAY 4

SUNDAY, DECEMBER 3RD

TRAVEL DAY

- Have your bags packed, rooms cleared and clean, then head down for breakfast.

6:00 – 8:00am – Breakfast

8:30am – Meet at the front of the lobby with your bags. Depart to Utah

11:15am – Bathroom/ Food stop in Bakers, CA

11:45am – Depart and continue to Utah

3:45pm MST – Bathroom/ Food stop in St. George, UT

4:15pm – Depart and continue

9:00pm – Estimated return time

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DUE DATES & POST SEASON TRAINING

Attending the Footlocker Trip is a commitment to compete and represent your school at the highest level possible. Because there are limited numbers to how many can participate in the trip (24 boys, 24 girls), each athlete is expected to meet the following deadlines:

BY MONDAY, OCTOBER 16TH

- Turn in TWO Notarized Forms (attached)
- Turn in a photocopy of your insurance card
- Turn in the \$50 Deposit

BY MONDAY, OCTOBER 30TH

- Turn in the remaining cost \$340 (minus any fundraising)

BY MONDAY, NOVEMBER 6TH

- Last day for any refund of the trips costs.
- Athletes should register for their race @ <http://footlockercc.com/west>
- Pre-Registration ends Sunday, November 12th at midnight

POST SEASON TRAINING – 38 PRACTICES:

Monday – Friday 2:45pm @ CCHS | Saturday 8:30am @ varying locations (check the website)

Week 1 – Monday, October 9th – Saturday, October 14th

Week 2 – Monday, October 16th – Wednesday, October 18th (Break from Oct 19-21)

Week 3 – Monday, October 23rd – Saturday, October 28th

Week 4 – Monday, October 30th – Saturday, November 4th

Week 5 – Monday, November 6th – Saturday, November 11th

Week 6 – Monday, November 13th – Saturday, November 18th

Week 7 – Monday, November 20th – Tuesday, November 21st (On your own from Nov 22-25)

Week 8 – Monday, November 27th – Wednesday, November 29th (Leave Thursday for the trip)

TRIP DATES – Thursday, November 30th – Sunday, December 3rd

An athlete must report all of their potential absences in advance. Use the attendance links found on the front page of the team website (cornercanyonxc.com).