

Cross Country Trip to Minneapolis, Minnesota

Roy Griak Invitational

September 23-26, 2010

University City High School Boys & Girls Cross Country

Itinerary

Thursday, September 23, 2010

11:35 a.m. Meet in front of gym. DO NOT BE LATE. WE WILL LEAVE YOU!!!

11:45 a.m. Leave for airport at precisely this time (during lunch)

2:30 p.m. Depart San Diego (SAN) Delta Airlines Flight #2644

8:10 p.m. Arrive in Minneapolis

Host: Student Athletes and coach from Minnetonka HS will be hosting our team at their homes

Friday, September 24, 2010

Morning Breakfast with hosts

2:00 p.m. Easy run around University of Minnesota Golf Course, Les Bolstad (Griak Course)

Afternoon Sightseeing with Hosts: Visit University/City of Minneapolis

Evening Team Dinner w/ Minnetonka High School

Saturday, September 25, 2010

8:00 a.m. Breakfast with hosts

Relax: RACE DAY

12:00 p.m. Meet at golf course (race site)

2:00 p.m. Boys Elite (Gold) Race

2:50 p.m. Girls Elite (Gold) Race

Post Race Early dinner with host team(s)

Later Sporting Event (I'm working on this)

Sunday, September 26, 2010

7:00 a.m. Long run around Lake Minnetonka and along Mississippi River

8:30 a.m. Breakfast

9:00 a.m. Sightseeing/Travel to Lake Minnetonka w/Steve Holl

3:30 p.m. Check in at airport

5:20 p.m. Depart Minneapolis, Delta Airlines Flight #1787

7:11 p.m. Arrive in San Diego. Kids need to be picked up! (So I can go home and go to bed)

What to Bring: (Please pack all of this as compactly as you can.)

- **Racing uniform, racing shoes, racing socks, everything is CARRIED ON THE PLANE WITH YOU!!)**
- Wear your team warm-ups when we travel on the plane, both ways. **Every one of you.** Be proud of this team.
- Swimsuit/Small Towel (We are going to Lake Minnetonka)
- Toothbrush, toothpaste, etc.
- **Your best manners.** This is a school sponsored trip, which means that anything that you do can affect your status at University City High School. There will be a strictly enforced curfew! You are also a reflection of me, which means that you will have an affect on my ability to keep my job. Let's have a lot of fun and run well.
- Bring some extra \$\$ for any additional food or other purchases that you might want to make.