

# Cross Country Trip to Minneapolis, Minnesota

## Roy Griak Invitational

### September 26-29, 2013

University City High School Boys & Girls Cross Country

#### *Tentative Itinerary*

#### **Thursday, September 26, 2013**

5:00 a.m. Meet at San Diego Airport (SAN). Do NOT be late.  
6:25 a.m. Frontier Airlines #550 to Denver  
11:25 a.m. #106 to Minneapolis  
2:16 p.m. Arrive in Minneapolis (MSP)  
2:35 p.m. Meet hosts in the airport. Send off students with hosts.  
Adults: Rental Cars to Days Hotel Minneapolis  
2407 University Avenue Southeast, Minneapolis, MN 55414  
612-623-3999

Host: Student Athletes and coach from Minnetonka HS will be hosting our boys team and the Edina HS student athletes and families will be hosting our girls team at their homes

#### **Friday, September 27, 2013**

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 and Edina High School teams

#### **Saturday, September 28, 2013**

8:00 a.m. Breakfast with hosts  
Relax: RACE DAY  
12:15 p.m. Meet at golf course (race site)  
**2:15 p.m. Boys Elite (Gold) Race**  
**3:05 p.m. Girls Elite (Gold) Race**  
Post Race Early dinner with host team(s)  
Later University of Minnesota sporting event (football/volleyball game)

#### **Sunday, September 29, 2013**

7:00 a.m. Long run around Lake Minnetonka or along Mississippi River  
8:30 a.m. Breakfast  
9:00 a.m. Sightseeing/Travel to Lake Minnetonka w/Steve Holl  
3:30 p.m. Travel to Minneapolis Airport (MSP)  
6:22 p.m. Frontier Airlines #115 to Denver  
8:59 p.m. #563 to San Diego  
10:11 p.m. Arrive in San Diego (SAN)

#### **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.

**\$\$\$ Matters:** This trip will be funded by donations from team members, family members, and/or friends. No one is obligated to pay for this trip, but you will be required to help fundraise for the team. To give you an idea of the funds that we need to raise, each airline ticket costs approximately \$400. Our team and our gracious hosts will help support the rest of the trip. Let's have a fantastic, memorable trip, and a wonderful season.