

Bella Vista Bronco Cross Country Invitational

October 14-October 16, 2016

University City High School Boys & Girls Cross Country

Itinerary

Friday, October 14, 2016

- 6:00 a.m. **Meet at UCHS Front Parking Lot**
DO NOT BE LATE. WE WILL LEAVE YOU!!!
- 6:15 a.m.** Depart for Sacramento/Folsom precisely at 6:15. Parent Drivers
One stop for lunch TBD
- 2:15 p.m. Arrive in Folsom
HOTEL: Comfort Inn & Suites, Rancho Cordova
12249 Folsom Blvd.
Rancho Cordova, CA 95742
916-351-1213, Contact: Eva Cooper
- Afternoon Visit Course: Shake out run on Willow Hills CC Course at Folsom HS
- 8:30 p.m. Team Dinner: *Local Restaurant in the area (pasta/pizza)*

Saturday, October 15, 2016

- 6:30 a.m. Light jog around hotel (5 min.)
- 6:45 a.m.** Light breakfast in hotel
- 7:30 a.m. Depart for Willow Hills cross country course
- 9:25 a.m.** **Division 2 races begin**
- 1:55 p.m.** **Final JV Division 2 race**
- 4:30 p.m. Trip to Sacramento
- Evening Sightseeing/Sacramento
- Later Dinner in the City: Old Town or Downtown near Capitol

Sunday, October 16, 2016

- 8:00 a.m. Long run at Folsom Lake with Vista del Lago HS
- 9:30 a.m. Breakfast at hotel
- 10:00 a.m. Check out of hotel: Depart for San Diego
- 6:30 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.)

- Keep your travel bag SMALL. We're not going to be gone long.
- **Racing uniform, racing shoes, racing socks (DO NOT FORGET THESE!!)**
- 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 fully funded by fundraised donations from team members, family members, and friends. Everyone will be required to help in the fundraising efforts, but no one will be denied access to the trip because he or she did not raise any money. We will need to raise approximately \$8,000 to fund this trip. Let's have a fantastic, memorable trip, and a wonderful season.