

**Northwest Inland Cross Country Classic  
Lewiston, ID  
Saturday October 14, 2017**

**Passport #: Give it to me by Thursday October 5**

I have to send the list of travelers to the border in advance.

**Bring:**

**Medical Insurance for Travel Outside of Canada.** Your parents may already have this coverage or you can purchase it at Travel Cuts in Mac Hall.

Email me the information by Thursday October 5: Company and policy #

**Passport for Border Crossing**

**Athletes under 18 years of age** – see me about a Parent release form, ASAP

**Non Canadian Citizens** – Must have proper paperwork for traveling to USA

**US Currency**

**Competition Gear:**

U of Calgary Singlet and Black Shorts  
Spikes  
Track Suit and rain gear  
Extra clothing for bad weather  
Food and water for Bus Ride

**Friday October 13**

**Depart: Calgary. 7:00am North entrance to Olympic Oval**

12:00pm: Lunch in Fernie or Cranbrook (We gain 1 hour going to BC)

**Arrive: Lewiston. 6:00pm**

Hotel: **Red Lion Lewiston**

621 21st Street Lewiston, ID 83501  
T 208-748-1042 | F 208-748-1039

10-20' warm-up run and stretch

Dinner

**Saturday October 14**

AM: walk or light jog and stretch before Breakfast

**9:15am: Checkout of Hotel and Bus to Course (about ½ hour) (Wheatland Express Bus Company)**

Location: Lewiston Orchards (1001 Park Ave, Lewiston, ID)

11:00am: Women's 5000m race

11:45am: Men's 8000m race

Warm-down

Awards after race

**Depart Park: approx 1:00pm**

3:00pm: Supper in Coeur d'Alene

Depart Coeur d'Alene: approx 3:30pm

We lose one hour coming back to Alberta.

**Arrive Calgary: approx 2:00am**

Sunday: On your own – Short easy run or cross train or rest

Monday: On your own – Short to medium run

Ensure maximum recovery for hard workout on Tuesday.

Cell #'s

Doug 403-831-6481