

**Northwest Inland Cross country Classic
Lewiston, ID
Saturday October 12, 2019**

Passport #: Give it to me by Tuesday October 1

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 Tuesday October 1: 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 11

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 12

AM: walk or light jog and stretch before Breakfast

8:15am: Checkout of Hotel and Bus to Course (about ½ hour)

Location: Lewiston Orchards (1001 Park Ave, Lewiston, ID)
10:00am: Women's 5000m race
10:45am: 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