**2023 Emma Coburn Invite, Crested Butte, CO**

Dear Parents,

* When: Leave, Friday September 29th  at 10:30 AM – athletes are excused from school

Race, Saturday September 30th - Girls 8:30, Boys 9:20.

* Lodging: We have reserved 3 rooms for the boys and 3 rooms for the girls at The Grand Lodge in Crested

Butte. Room assignments will be announced at practice.

* Expenses: While most of the race expenses are covered through fundraising and our cross-country club

account, we are asking for cash or check (Palmer Cross Country) in the amount of $30 to help cover lodging and transportation. Dinner and breakfast will be provided by the team and athletes are expected to purchase lunches on their own. If you need any financial assistance, please contact me privately and we will make sure it is covered.

* Expectations: It is the expectation of the coaching staff that athletes honor all previously signed expectations and

behavioral guidelines. Athletes are expected to participate in all activities and comply with the details of the itinerary. Additionally, we need you to complete the travel forms that include emergency contact information, medical information, and a notarized medical power of attorney.

Please let us know by **Tuesday, September 26** if your athlete will be attending this trip. All paperwork listed above must be completed for District 11, including a notarized Special Medical Power of Attorney by Friday, September 29th.

Thank you,

Coaches Gilliam & Reno

robert.gilliam@d11.org

719-323-8930

***Friday***

* We plan to leave from Erps Gym for Crested Butte at 10:30 am.
* On a school bus and rented van, driven by coaches, we will travel to Salida.
* In Salida, we will stop for a Pre-Meet Run and eat lunch.
* Our estimated time of arrival in Crested Butte is 4:00 and we will spend a couple hours in town.
* Team meeting and pizza dinner at the lodge club house.
* Fun at the lodge club house. In rooms by 9 pm.

***Saturday***

* Wake up 6:00 am and breakfast provided.
* Arrive at the race course by 7:15.
* Girls race at 8:30 and boys at 9:20.
* We will stay for the citizen’s race at 10:15 and leave around 11:30.
* We will stop in Salida for lunch and expect to arrive at Erps Gym around 4:00.

***What you need to bring:***

* Warm and cold weather running clothes - light gloves, cap, tights, long sleeve. Be prepared!
* Swimsuit and comfortable clothes for condos and town.
* Snack foods and water bottle.
* A mature, responsible, winning attitude for a positive team experience.