

# Footlocker West Regional Trip

Walnut, California December 6, 2014

The Teton Running Club is planning on taking a bus to California for the Footlocker West Regional Meet. Athletes will be chaperoned by local area coaches including two women coaches.

Please review this information as soon as possible and return to us with health release form. Call Brett Hill (208) 881-2028 or e-mail Brett Hill at [bhill@sugarsalem.com](mailto:bhill@sugarsalem.com) for more info.

**Bus Leaves:** Thursday December 4th at 6:00 a.m. from Sugar-Salem High school. Idaho Falls pick-up 6:45 a.m. at the old Ernest Building on West Broadway. Pocatello pick-up at 7:45 a.m. Red Lion Hotel off the Pocatello Creek Exit. McCammon pick-up at 8:15 in front of the Flying J.

**Bus Returns:** Sunday Dec. 7th about 6-7 p.m.

**Hotels:** To be announced.

**Race Entry:** You are responsible for your own registration into the race. Do this at [www.footlockercc.com/west](http://www.footlockercc.com/west) it is \$15.00 and will include a nice t-shirt. **Deadline Nov. 22nd.**

**Cost: \$200.00** which includes Team Idaho t-shirt, Bus, Hotel rooms for 3 nights. **This does not include food or play money.**

**\$100 Minimum Deposit Due by: November 20<sup>th</sup> to guarantee commitment.**

Name \_\_\_\_\_ PH # \_\_\_\_\_

Address \_\_\_\_\_ E-mail \_\_\_\_\_

Gender \_\_\_\_\_ High School \_\_\_\_\_ Grade \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**Make checks payable to: Teton Running Club**

**Send Checks to: Teton Running Club**

**276 N 2000 E**

**Rexburg, Id 83440**

## Teton Running Club

# Footlocker Regional Championships Itinerary

## Thursday Dec. 4<sup>th</sup>

6:00 am Bus Depart Sugar-Salem High be there early  
6:45 am Bus Idaho Falls pick-up at Old Ernest Building (West Broadway)  
7:45 am Bus Pocatello pick-up at Red Lion Hotel (Pocatello Creek Exit)  
8:15 am Bus pick-up at McCammon, Soda runners (Flying J)  
12:00 pm Stop for Lunch in Provo, Ut area  
5:00 pm Stop in St. George for 30 min. run  
7:00 pm Arrive in Las Vegas & Check in to Hotel  
10:30 pm In your room and lights out.

## Friday Dec 5<sup>th</sup>

7:00 am Load Bus for Walnut California  
7:15 am Depart for Walnut California  
1:00 pm Go to Mt. Sac College to run course and pick up race packet. Bring ID.  
2:30 pm Depart course and go to Santa Monica Pier (Muscle Beach)  
6:30 pm Return to Hotel  
7:30 pm Go to Dinner  
10:30 pm In your rooms & lights out.

## Saturday Dec 6<sup>th</sup> Race Day!

6:15 am First Bus will leave for race. Races #1-6  
7:15 am Second Bus will leave for race. Races #7-11  
11:00 am Last race of the day  
12:30 pm Bus will leave Mt. Sac for Las Vegas  
1:30 pm Stop in Barstow to eat  
2:30 pm Leave for Las Vegas  
5:30 pm Arrive in Las Vegas (Fortune Hotel & Suites)  
6:00 pm Go out on the town with group chaperone  
12:00 am Back to Hotel and in rooms

## Sunday Dec 7<sup>th</sup>

6:00 am Load and leave for home