



# Nike Cross Country National Championships

## Open Race

### All Ages Welcome to ride and race!

Team Idaho is again planning to take a bus to Portland Oregon to the Nike XC National Championships meet to race in the open Race. We will have the opportunity to watch the National Championship race as well as run on the course the Nationals is held on. It is open to all ages and is a 5K race. Call Jack Ward at (208) 344-5502 x 270 or email Jack Ward at [jack.ward@ymcatvidaho.org](mailto:jack.ward@ymcatvidaho.org) or Tim Severa at [tim.severa@ymcatvidaho.org](mailto:tim.severa@ymcatvidaho.org) for further information. We will need 30 riders to make this trip possible.

**Bus Leaves:** Thursday Dec 5<sup>th</sup> the bus will leave From the Downtown YMCA at 9 a.m. sharp!!! Please be ready and on time. The Bus will then travel to Portland. Complete Trip Itinerary will be available on [team-idaho.org](http://team-idaho.org) website.

**Bus Returns:** Saturday Dec.7<sup>th</sup> at about 10pm

**Hotels:** We will be staying in Portland, Oregon on Thursday and Friday night. Hotel phone #'s will be provided on the Trip Itinerary. We will be doing some site seeing on Friday visiting the Nike Campus as well as doing some shopping in the area. We also will go see the Race Course on Friday.

**ENTRY'S** You are responsible to sign up online for your race registration. Please make sure to go to Nike Cross Country Nationals website to register for the OPEN Meet.

**Clothing:** Weather in Portland is about 40 to 60 degrees and possibly raining; great running weather! It does rain there some so be prepared for that. Weather in Portland can be extremely cold so bring extra clothing as well as rain gear.

**Coaches:** We need help supervising this group. Contact Jack Ward if you are interested in going.

**Behavior:** Since there is such a large group, we will expect your best behavior. There will be 4-6 coaches on bus on the trip to give you all the help you might need. The coaches are looking out for the best interests of the group collectively and individually. We want you to have fun, but make sure that your fun is appropriate! You are representing Idaho and the YMCA.

**Cost:**

Bus	\$90.00
Rooms	<u>\$ 60.00</u>
<b>Total Cost</b>	<b>\$ 150.00 (This does not include your food!)</b>

Make checks payable to the YMCA Team Idaho XC.

**Money**

**Deadline:** All Fees are due to Jack Ward by November 27<sup>th</sup>. Sign up early if possible.

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

Address \_\_\_\_\_ email \_\_\_\_\_

School you attend \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ School Year \_\_\_\_\_

*Full payment of \$150.00 must accompany this form.*

*Make Checks to YMCA Team Idaho XC*

**Full payment will be required by November 27th**

**Send to:**  
 Team Idaho  
 Nike XC Nationals  
 1177 W. State  
 Boise, ID. 83702