

BROCAW BLAZERS
2017 CC Coaches National Youth Championships
Itinerary

TRANSPORTATION SCHEDULE

Thursday; November 16

- 11:45am - Leave Wichita Area. We will be carpooling from Wichita to KC. Meet at Kansas Turnpike Headquarters located at 9401 East Kellogg. Take the east Wichita Turnpike Exit. Get in the right hand lane and you'll run into it. If you have trouble finding them call them at (316)682-4537. Cars may be left there in front of the building. Curtis Hernandez will coordinate the loading here. Call him at (316)258-9369 if you have questions.
- 2:15pm - Kansas City Area. Begin loading at [Target](#) located off I-35 in Olathe, KS. Take the 119th Street exit and head east. Go south at the first street past Strang Line and you will run into our parking area. Please park in their NE parking lot facing 119th Street. Target cannot be held liable for any damages to your car. Please carpool from your area as there is limited space. If you have trouble finding Target, please call Coach Ramsey at (816)365-7938.
- 3:00pm - Leave Olathe. Bring healthy snacks as well as a sack lunch.
- 3:35pm - Pick-up at Home Depot. From I-70 go south on Lee's Summit Rd. It is located just behind Cracker Barrel. Let me know **ASAP** if you are getting on there. Do not leave cars there at the risk of towing.
- 5:35pm - Columbia, MO Area. Loading will be at the Firestone just south of Exit 125 on I-70.
- 7:30pm - Dinner provided on the move.
- 8:20pm - Arrive in Collinsville, IL for the night. The Double Tree Hotel (618)345-2800 is located at 1000 Eastport Plaza Drive in Collinsville, IL 62234 just off of Exit 11 on I-70.
- 10:30pm - LIGHTS OUT!!!

Friday; November 17

- 6:00am - Breakfast will be provided by our group.
- 7:45am - Leave for West Chester, OH. Dress for warm-up at the course.
- Noon - Lunch will be provided on the move.
- 2:05pm - Arrive at Voice of America Park site of the CC Coaches National Youth Championships for walk/jog (EST) through, strides and team picture. **The parents meeting will take place at this time.** The park is reached by going north on I-75 from Cincinnati, get off at Exit 22, turn right, go 1/3 mile to Cox Rd, turn left, go 1/2 mile to VOA Park Drive. Turn right onto VOA Park Drive, go 200 yards, turn right, continue to the parking lot. **Team pictures will be taken at this time so wear your team shirt for the course walk.** We will have your shirt at the course if you do not have your shirt for this year. MapQuest location is 7850 Voice of America Park Drive in West Chester, OH.
- 3:45pm - Check into the Clarion Cincinnati North located at 3855 Hauck Rd. by I-275 & US 40 W. The phone number for the Clarion is (513)563-8330.
- 4:35pm - Leave for buffet dinner **in shifts by age groups** at Golden Corral which is located at 12090 Mason Montgomery Rd off of I-71 at Exit 19. A coach will lead your group to the Golden Corral. The cost for those not on the bus is \$7.00 for ages 12 & Under and \$15.00 for everyone else. Price includes gratuity. The runners will be drinking water. You must pay the Brocaw Blazers in order to get this price.
Special guest - Olympian Doris Brown Heritage winner of five World CC Championships!
- 6:15pm - Team meetings in the Clarion's Taft-Grant Room. Starting with the 6-8 girls and boys teams and then The 9&10 girls and boys will be next, before starting; 11&12, 15&16, 17&18 then 13&14 girls and boys.
- NOTE - Parent's meeting will take place on the buses during the course walk through.**
- 10:00pm - LIGHTS OUT!!!

Saturday; November 18

- 6:00am - Begin serving breakfast.
- TBA - Buses leave for course.

RACE SCHEDULE

15 & 16 Girls	9:00 am	15 & 16 Boys	9:30 am
17 & 18 Girls	9:00 am	17 & 18 Boys	9:30 am
6 - 8 Girls	10:00 am	6 - 8 Boys	10:25 am
9 & 10 Girls	11:15 pm	9 & 10 Boys	11:45 pm
11 & 12 Girls	12:15 pm	11 & 12 Boys	12:45 pm
13 & 14 Girls	1:15 pm	13 & 14 Boys	1:45 pm
Race of Americas (8&U)	2:15 pm	Awards will be presented after each race.	

AWARDS

The award ceremony for each race should start 45 min after your race start time. Plaques will be awarded to the top 25 finishers by age in each race. Team plaques will be presented to the top three teams in each age division and CC Coaches National Youth Championship plaques will be presented to each member of the top three teams.

RETURN TRIP

We will leave immediately following the awards ceremony. How long the awards will last is anyone's guess. We will go back to Golden Corral for a meal with some honored guests and then head for home. Your athlete will call you when we are on the road to give you a more accurate time of arrival at your particular pick-up location. I estimate that we will be back in KC about 2:15am Sunday morning.

NOTES

- Please let our carpool coordinator know if you need a ride from the Wichita area. Contact Curtis Hernandez at (316)258-9369.
- If you can't reach me for some reason before we leave, please call Shannon Smith at (816)716-1908.
- Meals that aren't listed above will be announced on the road.
- There will be a rooming list at the front desk at night if anyone needs to reach you.
- There is a restroom and DVD player on each bus.
- Stop drinking carbonated beverages (that means pop) **NOW** until after nationals. If you need an explanation, just ask me on the bus.
- **For more info on the meet go online at <http://www.youthcrosscountry.org>**

COST

The bus, lodging and all food will be \$150 for athletes and \$160 for parents. This will allow me to pay one bill at the restaurants and make eating faster. The cost for national meet registration is \$20 and your team membership is \$30 if you did not compete at Garnett. This includes both the YES-Athletics membership and the team drift shirt. **Bring all paperwork and money owed in an envelope with your name on it to the bus.** Make any checks payable to the Brocaw Blazers. Let me know if the expense is a problem. I will work something out.

TO BRING

- Sack lunch for Thursday if you have not eaten. There will be fruit on the bus as well.
- Running gear. I will have racing tops for everyone. They are royal blue with red lettering. **All runners on the team must wear solid red shorts with no other colors except for a logo, they are mandatory.** Let me know if you are having trouble finding plain red racing shorts. The only items that have to be the same are the shorts and top. Bring light gloves, racing tights, two (2) short and long sleeve t-shirts, warm-ups, training shoes, racing shoes (if you do not have any I probably have a pair) and an extra pair of racing socks.
- **Anyone who has a Brocaw Blazers T-shirt &/or singlet please bring them. We are missing 10 racing tops! If you have one let me know!**
- Good healthy food (**no pop**) to snack on until the return trip home from the meet.
- Water bottles. I will have water on the buses.
- Games, reading material, walkman, DVD's, and any **homework** you have.
- Pillow and a light blanket. Remember you may be sleeping while we travel.
- At least one towel that you don't mind getting dirty after the race.

VERY IMPORTANT

If you have not run at nationals with us before or you did not bring a copy of your birth certificate, passport or driver's license with you to Garnett, you must bring it with you to nationals. Remember to include the \$20 entry fee with your check for the bus if you did not pay the entry fee in Garnett at the Missouri Valley CCCNYC Meet.

I look forward to another successful, learning and fun-filled trip. If I can answer any other questions do not hesitate to call me at (816)365-7938. I look forward to seeing you on the bus, in West Chester or somewhere in between. Until then...**Keep on dreaming of winning another bet with Coach Ramsey and shaving Coach Chris George's beard!**