

PVXC
Timpanogos Itinerary

Cost - \$35. This pays for hotel fee. Pay to PVHS before we go.

Leaving – We will be leaving Thurs at lunch. Bring something to eat.

(2025... leaving right after school. Eat along the way. Go up to Sugarhouse and shake out run on State course. Back to hotel and sleep.)

Lunch - we will stop somewhere along the way (bring some money or food).

Practice - We will go up to the State course in SLC to preview/run our afternoon shake out. Then traveling back to Orem.

Evening – we will be staying at the Fairfield Inn

1515 S University Ave, Provo

Bed-Check will be held at 10:00 – NO ONE out of their rooms after this time! Phones & tv's off!

Morning – breakfast at the hotel and then over to the course

Race Schedule (Friday) – races held @ Lakeside Sports Park in Orem 400 S 1850 W, Orem

Varsity Girls 10:00a

Varsity Boys 10:30a

JV Boys 11:30a (technically the Jr/Sr JV race, but that's what all our JV will do)

After racing and cooling down, we will head home stopping on the way for lunch – hopefully to arrive around 5:30p. (Some will stay for the football game in Maple Mountain and leave at the end of the game, getting home pretty late... 1:00'ish?)

Contact Info (for parents)– If you need to contact me shoot me a message via Binderly; also have your athlete's # or a friend's. You can also contact us through the hotel if necessary.

Athletes bring the following:

UNIFORM	RACING SHOES	PRACTICE GEAR	\$ FOR A COUPLE MEALS
SOMETHING WARM	A GOOD ATTITUDE AND A HAPPY FACE		

DON'T BRING A SWIMSUIT, X-BOX (or other gaming device), OR ANY OTHER STUFF YOU KNOW I OR YOUR PARENTS WOULDN'T WANT YOU TO HAVE

Put It All Together

