



Colorado Agenda

Saturday, July 27th:

7:00pm – Depart Oswego East High School

Sunday, July 28th:

PM: 3:00pm Check –in at Alpen Inn. Medium Run with some 300's or hills. Dinner 5:00-7:30pm.

Monday, July 29th:

AM: Run (400's or hills). Drive into Boulder to visit University of Colorado. The University of Colorado has one of the richest traditions in both male and female distance running. It is very rare that both the men's and the women's teams at the same college have had their success

PM: Short Run in Boulder then spend the afternoon at Pearl Street Mall.

Tuesday, July 30th:

AM: Long run. Breakfast. Head out for a hike around 10am

PM: Activities at Estes Park (possible ropes course/zip line, swimming, mini golf, etc.). A short run before dinner. Dinner at the lodge.

Wednesday, July 31st:

AM: Run. Then breakfast and Check-out at 10:00am

Thursday, August 1st:

AM: Arrive at Oswego East High School

Contact info in mountains:

YMCA of the Rockies 800-777-9622 (we won't have cabin phone numbers until we arrive)

2515 Tunnel Road

Estes Park, CO 80511

FRIDAY JUNE 28TH IS THE DEADLINE FOR THE FOLLOWING:

- \$288 payment due. Make checks payable to "Oswego East Boys Cross Country Parent Group"
- Medical Liability Waiver due to Coach Milner



WHAT TO BRING

TRY TO PACK IN ONE GYM/TRAVEL BAG WHICH CAN BE MOVED AROUND AND STUFFED INTO VANS/CARS EASILY.

1. Towel
2. Two pairs of running shoes. Hiking shoes optional.
3. Sunscreen/ Sunglasses/Running hat
4. Water bottle/water bottle holder you can run with, or Camelbak. There are a wide variety of things to choose from here and it is a real personal choice as to what a runner is most comfortable with. Some are as simple as a water bottle holder that you wear around your waist. Others can carry more water in a bladder that you wear around your waist or on your back. Most runners opt for the waist carriers as something on the back usually is bothersome. The important thing here is that you will need to carry water on some of the runs. We may be out for several hours and Colorado is a very dry climate. Water during longer runs is a must.
5. Light rain jacket
6. Long pants and casual clothes.
7. Sweatshirt
8. Swimsuit
9. Several pairs of shorts/socks/running shirts (at least 1 long sleeve)
10. Laundry bag (to place dirty clothes in as used – there **is** a laundry.
11. Waiver forms signed by parents and a copy of insurance card.
12. Money: Expenses have been kept to \$288 each. Other money you will need is: souvenir/spending money.

****It is very important that you drink a lot of extra water during the two days before we leave and while we are in Colorado. The high altitude tremendously affects the amount of water your body uses. You must drink a lot and frequently. Expect hot days in the 90's and cool nights in the 50's ****

****Have medical waiver to Coach Milner by Friday, June 28th!!**



Liability Waiver

I, _____, parent/guardian of _____ (a minor) give my permission for my son to participate in a trip to Colorado of team activities occurring from July 27, 2019 to August 1, 2019. I hereby, for myself, my child, my heirs, executors and administrators, waive and release any and all rights and claims for damages I or my child may have against the hosts/organizers or their representatives and successors for any and all injuries suffered by myself or my son.

I specifically authorize the hosts/organizers to seek any medical attention for my child that they deem necessary in case of an emergency. I hereby waive and release said hosts/organizers from any rights and claims relating to any said injuries or illness.

Parent(s) signature(s):

Date: _____

Parent contact phone: _____

Emergency contact other than parent:

Relationship: _____

Phone: _____

Please attach a copy of your insurance card to this form.