

DOS PUEBLOS XC INVITES TRAVEL TRIP INFO
Meet Website: <http://dpicrosscountry.com/default.aspx>

***Dos Pueblos Invites:** Friday Oct. 14 (overnighter!) is in (Santa Barbara). Charter bus, dinner & breakfast! All athletes w/ stellar attendance (including summer) and great team attitude will get the highest priority for the 53 seats on the bus! The bus is very expensive & mostly paid for by the boosters (Your Bun Run Fundraising). The cost is \$25 per athlete...what a deal!!! That covers both meals & other expenses.

***Dos Pueblos Eligibility:** All healthy athletes with outstanding attendance records & great team attitude will be eligible to go. Field trip forms & code of Conduct forms (available in coach Phillipow's room 259) must be signed & turned in to me (Coach Phillipow) by Tuesday morning before the meet **AT THE LATEST!!! ALL ATHLETES GOING ON THE TRIP MUST BE RACING! We don't have room to bring injured/sick athletes.**

***Dos Pueblos Packing List:** Racing gear (warm ups, uniform, trainers & flats!), sleeping bag & sleeping pad or air mattress, toiletries, towel, a clean set of clothes for after the post race shower, plastic bag for storing wet/smelly clothes, second set of running clothes for **Sat.(THIS RUN MAY BE VERY COLD AT START & IT HAS RAINED IN THE PAST...BE PREPARED...GLOVES, CAP, LONG SLEEVES ETC.)**, a healthy sack lunch for early Friday, healthy snacks & lots of water. **ALL ATHLETES SHOULD WEAR WARM-UPS/ UNIFORMS TO SCHOOL-NO EXCEPTIONS.** There won't be a place to change clothes at the meet!

*** Dos Pueblos Meet Driving Directions:** See: 101 Fwy North to Garden St. (Santa Barbara). Exit Garden Street and turn away from mountains. Take Garden to Cabrillo. Turn right on Cabrillo. Cabrillo turns into Shoreline as it heads west. Go past the marina, up the hill, and Shoreline Park is on the left.

***Tentative Dos Pueblos Itinerary**

Friday October 14th

9 a.m. Athletes depart from Long Beach Poly (15th St.) for trip on a chartered recliner bus. Eat a light healthy sack lunch early(runner provides) on the bus. BRING LOT OF WATER!!!

11:30 p.m. Arrive at race site & set up & relax: Shoreline Park, Santa Barbara (across from SB City College) Race times are as follows:

1pm Freshman Boys 1:30 Sophomore Boys

2pm Junior Boys 2:30 Senior Boys

3:20-3:50 Walk to SBCC for showers & back to race site to watch JC men.

3pm JC Women 4pm JC Men

4:30 p.m. Awards Ceremony

5 p.m. 6 p.m. Arrive at Los Olivos School. Dinner!!!

Los Alivos School: 2540 Alamo Pintado Avenue PO Box 208,
Los Olivos, CA 93441-0208 (805) 688-4025

10:00 p.m. Lights out at Los Olivos School gymnasium

Saturday October 15th

6:00 a.m. Rise and shine! 6:30 a.m. Bus Departs

7:00 a.m. Long trail run in Santa Ynez Valley (Midland School)

Midland School. PO Box 8/5100 Figueroa Mtn. Rd., Los Olivos, CA 93441.
t. 805-688-5114

9:30 a.m. Catered Breakfast at a nearby park

11:00 a.m. Depart for Long Beach

2:00 – 2:30 p.m. Arrive at Long Beach Poly (15th Street)