

To: Parents and Athletes

From: Mark Tondryk

RE: Four Corners in Flagstaff

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Travel Itinerary: (all times are approximate)

Friday, Sept 15th Leave from Coronado High School at **1 pm**

We will go right to the course to run and stretch. Have workout clothes on! We will check in at the Holiday Inn Express Flagstaff. We will go to dinner shortly after checking in. The hotel's information is listed below:

Holiday Inn Express Flagstaff  
2320 E Lucky Ln, Flagstaff, AZ 86004

**Phone:** (928) 714-1000

[https://www.ihg.com/holidayinnexpress/hotels/us/en/flagstaff/flgl/hoteldetail?cm\\_mmc=GoogleMaps- -EX- -US- -FLGLL](https://www.ihg.com/holidayinnexpress/hotels/us/en/flagstaff/flgl/hoteldetail?cm_mmc=GoogleMaps- -EX- -US- -FLGLL)

Return to hotel to relax, with lights out at 10 pm. There are no exceptions; failure to comply with any rules will result in being excused from the team.

Saturday, Sept 16th Arise at 8 am, eat and checkout of hotel at 9 am. Return home after completion of the race. Eat lunch upon return home and arrive at Coronado at 5 pm.

The team will have dinner on the 15<sup>th</sup> and breakfast on the 16th provided. The rest is your responsibility, so bring some food and spending money. Pack light, but bring something if it is a little cold at night or in the morning, like sweats and a sweat shirt. Pack your uniform and sneakers!

The athletes will be traveling by minivans. The phone number at Flagstaff High School (host school) is (928) 773-8100. The Meet Manager is Trina Painter. My cell number is 305-4585.