

To: Parents and Athletes

From: Mark Tondryk

RE: Central Park Invitational

Travel Itinerary: (all times are approximate)

Friday, Oct. 6th Leave from Coronado High School at **6:30 am**

A quick stop if necessary in Barstow for food, and arrive in Huntington Beach, Ca at 12 noon. We will go right to the course; run and stretch. Have workout clothes on! We will check in at the Comfort Suites in Huntington Beach, Ca. The team will shower and be ready by 3:45 for dinner. The hotel's information is listed below:

Comfort Suites Huntington Beach
16301 Beach Blvd
Huntington Beach, Ca 92647
Phone: (714) 841-1812, 1 (800) 714-4040
Fax: 1 (714) 841-0214
Website:

<http://www.comfortsuireshuntingtonbeach.com/services.htm>

We will eat at Buca di Beppo from 4-6, the restaurant can be contacted at 714-891-4666. If time we will go to the pier until 8pm. Return to the 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, Oct. 7th

Wake at 6 am, eat and check out of the hotel at 7 am. Leave for the course to compete in races from 8 – 11 am. Eat pizza at the course after cool downs are complete. Leave for Huntington Beach at 11:30 am. Leave Huntington Beach at 3 pm. Stop in Barstow and arrive at Coronado at 8: 30 pm.

The team will have dinner on the 6h, breakfast and lunch on the 7th 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 sweatshirt. Pack your uniform and sneakers!

The athletes will be traveling by *TLC Luxury Transportation*. The bus service can be reached at 702.431.7654. The phone number at Fountain Valley High School (host school) is (714) 745-7314. The Meet manager is Steve Knowles, epimeetmanager@gmail.com.