

BROCAW BLAZERS
2024 CC Coaches National Youth Championships
Itinerary

TRANSPORTATION SCHEDULE

Thursday; November 21

- 11:45am - Leave Wichita Area. We will be carpooling from Wichita to KC. Meet at Kansas Turnpike Headquarters located at 9401 East Kellogg. Take the east Wichita Turnpike Exit. Get in the right hand lane and you'll run into it. If you have trouble finding them call them at (316)682-4537. Cars may be left there in front of the building. Curtis Hernandez will coordinate the loading here. Call him at (316)258-9369 if you have questions.
- 2:15pm - Kansas City Area. Begin loading at [Target](#) located off I-35 in Olathe, KS. Take the 119th Street exit and head east. Go south at the first street past Strang Line and you will run into our parking area. Please park in their NE parking lot facing 119th Street. Target cannot be held liable for any damages to your car. Please carpool from your area as there is limited space. If you have trouble finding Target, please call Coach Ramsey at (816)365-7938.
- 3:00pm - Leave Olathe. Bring healthy snacks as well as a sack lunch.
- 3:35pm - Pick-up at Home Depot. From I-70 go south on Lee's Summit Road. It is located just behind Cracker Barrel. Let me know **ASAP** if you are getting on there. Do not leave cars there at the risk of towing.
- 5:35pm - Columbia, MO Area. Loading will be at the Firestone just south of Exit 125 on I-70.
- 7:30pm - Dinner provided on the move.
- 8:20pm - Arrive in Collinsville, IL for the night. The Double Tree Hotel (618)345-2800 is located at 1000 Eastport Plaza Drive in Collinsville, IL 62234 just off of Exit 11 on I-70.
- 10:30pm - LIGHTS OUT!!!

Friday; November 22

- 6:15am - Breakfast will be provided by our group.
- 7:45am - Leave for Lexington, KY. Dress in long sleeved team shirts for team picture and warm-up at the course.
- Noon - Lunch will be provided on the move.
- 2:30pm (EST) - Arrive at Masterson Station Park site of the CC Coaches National Youth Championships for walk/jog through, strides and stretching. The park is reached by taking I-64 to Exit 65 to Hwy 421/Leestown Rd. Go left or southeast 7.8 miles to Ruffian Way and turn left into the park. **Team pictures will be taken at this time so wear your team shirt for the course walk.** We will have your shirt at the course if you do not have the shirt from this year. **COURSE ADDRESS:** 3051 Leestown Rd in Lexington, KY
- NOTE - Parent's meeting will take place on the buses during the course walk through.**
- 4:15pm - Check into the Best Western Parkside Inn located at 80 Chenault Road, Frankfort, KY 40601. The phone number for the hotel is (502) 695-6111.
- 5:00pm - Catered team meal provided at the Best Western Parkside Inn. Those not on the bus that want to join us for the meal, please contact Gwen (651) 600-4936 by 8:00pm on Wednesday, November 20th. The charge will be \$10 for those 11 and older and \$5 for those 10 and under. **Teams served youngest to oldest.**
- 6:15pm - Team meetings in the Best Western Parkside Inn meeting room. Starting with the 6-8 girls and boys teams. The 9&10 girls and boys will be next, before starting; 11&12, 15&16, 17&18 then 13&14 girls and boys. The 15-18 girls and boys will pick up their team uniforms during the 6-8 girl's and boy's team meetings.
- 10:00pm - LIGHTS OUT!!!

Saturday; November 23

- 6:00am - Begin serving breakfast in the breakfast area.
- TBA - Buses leave for course.

RACE SCHEDULE

15 & 16 Girls	9:00 am	15 & 16 Boys	9:30 am
17 & 18 Girls	9:00 am	17 & 18 Boys	9:30 am
6 - 8 Girls	10:00 am	6 - 8 Boys	10:25 am
Race of Americas (8&U)	10:45 am		
9 & 10 Girls	11:15 am	9 & 10 Boys	11:45 am
11 & 12 Girls	12:15 pm	11 & 12 Boys	12:45 pm
13 & 14 Girls	1:15 pm	13 & 14 Boys	1:45 pm

Awards will be presented after each race.

AWARDS

The award ceremony for each race should start 45 min after your race start time. Medals will be awarded to the top 25 finishers by age in each race. Team plaques will be presented to the top three teams in each age division and CC Coaches National Youth Championship plaques will be presented to each member of the top three teams.

SATURDAY AFTERNOON/NIGHT

We will go to the Golden Corral for a buffet meal in shifts from the course. The Golden Corral is located at 185 E New Circle Rd, Lexington, KY. A coach will lead your group to the Golden Corral. The cost for those not on the bus is \$12.00 for ages 4-8, \$13.00 for ages 9-12 and \$20.00 for everyone else. Price includes gratuity and drinks. You must pay the Brocaw Blazers in order to get this price.

The first ever Brocaw Blazers Imaginary Olympics will be held Saturday night at the team hotel. This will be a team competition with prizes being awarded for creativity. You are tasked with making people believe that your team is competing in an Olympic competition in any event that you choose. Everyone is encouraged to let their imaginations go and start planning with your age group team. See if you can impress Coach Ramsey and his fellow judges. I have it on good authority that many of the parents will be participating as well!

RETURN TRIP

Sunday; November 24

6:00am - Breakfast begins in the breakfast area.

8:00am - Head back to Kansas City. Your athlete will call you when we are on the road to give you a more accurate time of arrival at your particular pick-up location. I estimate that we will be back in KC about 4:00pm Sunday afternoon.

NOTES

- Please let our carpool coordinator know if you need a ride from the Wichita area. Contact Curtis Hernandez at (316)258-9369.
- If you can't reach me for some reason before we leave, please call Shannon Smith at (816)716-1908.
- Meals that aren't listed above will be announced on the road.
- There will be a rooming list at the front desk at night if anyone needs to reach you.
- There is a restroom and DVD player on each bus.
- Stop drinking carbonated beverages (that means pop) **NOW** until after nationals. If you need an explanation, just ask me on the bus.
- **For more info on the meet go online at <http://www.youthcrosscountry.org>**

COST

The bus, lodging and all food will be \$200 for athletes and \$220 for parents. This will allow me to pay one bill at the Golden Corral and make eating faster. The cost for national meet registration is \$20 and your team membership is \$40 if you did not compete at Grain Valley. This includes both the YES-Athletics membership and two team shirts. If you have never run at nationals before, you must bring a copy of your birth certificate, passport or driver's license to the bus. **Bring all paperwork (YES-Athletics membership & National Meet Waiver) and money owed in an envelope with your name on it to the bus.** I must have this by Wednesday night if you are not riding the bus. Make any checks payable to the Brocaw Blazers. Let me know if the expense is a problem. I will work something out. For those runners not riding the bus, there is an additional \$30 fee to help pay for the coaches to attend the national meet.

TO BRING

- Sack lunch for Thursday if you have not eaten. There will be fruit on the bus as well.
- Running gear. I will have racing tops for everyone. They are royal blue with red lettering. **All runners on the team must wear solid red shorts with no other colors except for a logo, they are mandatory.** Let me know if you are having trouble finding plain red racing shorts. The only items that have to be the same are the shorts and top. Bring light gloves, racing tights, two (2) short and long sleeve t-shirts, warm-ups, training shoes, racing shoes (if you do not have any I probably have a pair) and an extra pair of racing socks.
- **Anyone who has a Brocaw Blazers racing singlet/top please bring them. We are missing 10 racing tops! If you have one let me know!**
- Good healthy food (**no pop**) to snack on until the return trip home from the meet.
- Water bottles. There will be water and fruit on the buses.
- Games, reading material, iPod, DVD's, and any **homework** you have.
- Pillow and a light blanket. Remember you may be sleeping while we travel.
- At least one towel that you don't mind getting dirty after the race.

VERY IMPORTANT

If you have not run at nationals with us before or you did not bring a copy of your birth certificate, passport or driver's license with you to Grain Valley, you must bring it with you to nationals. Remember to include the \$20 entry fee with your check for the bus if you did not pay the entry fee in Grain Valley at the Missouri Valley CCCNYC Meet.

Please get spring water for the bus in your water bottle on Thursday and bring an extra bottle. Most types of spring water will work except **DO NOT GET** SMART WATER OR OZARKA. Coach Ramsey would prefer Ice Mountain, Crystal Geiser, Fiji or Evian if possible. He will provide all the water needed for Friday and Saturday.

I look forward to another successful, educational and fun-filled trip. If I can answer any other questions, do not hesitate to call me at (816)365-7938. I look forward to seeing you on the bus, in Lexington or somewhere in between. Until then...**Keep on dreaming of winning another bet with Coach Ramsey!**