

Foothill Cross Country Mt. SAC Trip

Dear Parents and Athletes

As we approach the beginning of October, it is also time to think about the Mt. San Antonio College Invitational in Walnut on Saturday, October 23rd. This is the largest cross country invite in the nation and one of the most exciting trips for us every year.

The trip begins on Friday the 22nd, with the caravan leaving from Foothill around 7:15 AM. After a quick stop for lunch, we arrive in Walnut hopefully around 3pm. After checking into the hotel we will go to the college to walk the course and buy souvenirs. The team eats a pasta dinner at the hotel, then lights out by 11. Races are scheduled for us in the afternoon but I will try to get our races in the morning. After the final race we will begin the trip back to Pleasanton. Depending on race times, dinner stops and traffic, we will get back to Foothill around 8-9 PM.

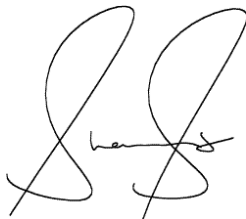
As always I would like to take as many runners as possible. There will be limitations to who can go, especially since we will be traveling on a tour bus that can hold at most 55 students and chaperones. Precedence for the trip will go to returning athletes and athletes who let me know sooner rather than later that they will be going. If we have parent drivers we will be able to take more. I will also try to get a district van to transport more if necessary

All athletes share a hotel room, with four athletes per room. Coaches and chaperones will have their own rooms. With rooms at \$100 each, students will pay \$25 each. The cost of the bus is around \$3300, so students will be responsible for \$65 for the bus. A pasta dinner on Friday night is \$10 per student, so the total cost should be around \$100. Final costs will be announced once the total number of students going is decided and will be due by Wednesday, October 20. Students will also be responsible for lunch Friday as well as lunch and dinner on Saturday (hotel has continental breakfast). Athletes can also purchase souvenirs during the day on Friday or Saturday. To cover food and souvenirs it is recommended that students bring an additional \$60.

If you would be interested in driving or coming as a chaperone please let me know on the following page.

Full itineraries will be given to all students and families the week of the meet.

We look forward to another great trip to Mt. SAC! Please have the following page signed and returned by Friday, October 1!

A handwritten signature in black ink, appearing to read 'Shannon Sos', written in a cursive style.

Shannon Sos

Head Coach, Foothill Cross Country

I, _____, would like to go on the Mt. SAC Invitational from October 22nd-23rd. I realize that if I go, I will miss class on Friday and will need to make up all of the work. I also know that I must follow all school rules and obey all instructions given to me by Coach Sos or any of the other chaperones on the trip.

Student Signature: _____

Parent Signature: _____

Parents: Please check one of the following:

- I would be interested in being a chaperone and driving my own car on the trip.
- I would be interested in being a chaperone and riding the bus.
- I would NOT be interested in being a chaperone. Have a great trip!