

Dear XC Parents/Runners

We are once again ready to start off a new and exciting Cross-Country Season. We truly see value in getting out of town to bond and run as a team. We will once again be hosted by the Schoenleber at their lake place on the Pend Oreille River. We will be leaving CHS Tuesday August 27th at 8:30 AM. We will do a trail run and have lunch along the way so come dressed to run and don't forget to bring a sack lunch! After our run and lunch we will continue to the lake house. We will be swimming, running and playing! We depart for home August 28th at 1:30 PM for a 3:30 PM estimated arrival time back at school. Retreat costs \$15 to help food expenses. If you need help covering this cost please let us know!

What to bring:

- Sack Lunch
- Running Shoes, shorts etc (Plan for 3 runs worth)
- Sleeping bag, pillow
- Tent (we will try to consolidate so everyone doesn't need to bring their own)
- Warm clothes for night
- Toiletries
- Sun stuff and towel
- Flashlight
- \$15 for food
- Signed permission form (attached below)
- inhalers, epipen and medications
- Waterbottle (with name on it please)

Schoenleber's lake house: 22500 LeClerc Rd. Ione Wa 99139

If there are any questions feel free to email coaches @

Camielle Moseley

Derek Slaughter

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We need to have permission slip signed and \$15 by Tuesday August 27th!

_____ has my permission to attend XC retreat at Pend Oreille River on August 27-28th, 2019

Athlete Name(s) _____

Signed _____ Parent/Guardian

_____ (Enclosed Payment)