

# **Irondale Cross Country Training Trip**

## **Heartwood Resort, Trego, WI**

**[www.heartwoodconferencecenter.com](http://www.heartwoodconferencecenter.com)**

**1-800-577-4848**

**August 19-21, 2019**

**We are planning a training trip for the second week of the season. We take this trip to give our runners the opportunity to improve their conditioning, have lots of time to run in an outdoor setting that is fantastic, and get to know their teammates. This is our 14th annual training trip and the results have always been very positive.**

**Heartwood Conference Center and Resort is located approximately 2.5 hours from the Twin Cities. Our lodging is in the Pine Village Duplexes with many miles of trails right outside the door. Each gender will have its own duplex. The coaches and chaperones will stay at the duplexes as well. We eat both dinners as a team, prepared by coaches, athletes and chaperones. Runners are responsible for bringing their own breakfasts and lunches. We will be taking a bus for transportation.**

**Cost of this year's trip is \$85. Please RSVP for the trip on a google spreadsheet on the team website.**

**Parent Chaperones: Anna and Gordie McKay and Denise and Neal Heuss.**

### **Brief itinerary:**

<b>Monday</b>	<b>11:45am</b>	<b>Arrive at Irondale</b>
	<b>12:00pm</b>	<b>Leave Irondale / Lunch in Hinkley</b>
	<b>3:00pm</b>	<b>Arrival and check in / afternoon Run / activity</b>
	<b>6:00pm</b>	<b>Dinner / Activity</b>
	<b>10:00 pm</b>	<b>In own rooms</b>
	<b>10:30 pm</b>	<b>Lights out</b>
<b>Tuesday</b>	<b>7:00am</b>	<b>Early run</b>
	<b>8:00 am</b>	<b>Breakfast</b>
	<b>9:00 am</b>	<b>Run / activity</b>
	<b>12:00pm</b>	<b>Lunch / afternoon Run / activity</b>
	<b>6:00pm</b>	<b>Dinner / Activity</b>
	<b>10:00pm</b>	<b>In own rooms</b>
	<b>10:30pm</b>	<b>Lights out</b>
<b>Wednesday</b>	<b>7:00am</b>	<b>Breakfast</b>
	<b>8:00am</b>	<b>Adventure Race</b>
	<b>10:00am</b>	<b>Clean rooms</b>
	<b>11:00am</b>	<b>Leave Resort / Lunch in Hinkley</b>
	<b>2:00pm</b>	<b>Estimated return to Irondale</b>

**THINGS TO KNOW!**

**Cost: (\$85): Cost for the trip includes transportation, 2 nights lodging, 2 dinners and trail fees. If the fee is an issue, please talk to Coach McGrew or Coach Torvi.**

**Breakfast: on your own - we will have a complete kitchen available for your use in each of the Duplexes.**

**Suggestions to bring: fruit, fruit juice, cereal, oatmeal, bagel, breakfast bars  
Utensils, cups, plates and bowls are provided.**

**Lunches: on your own - Duplexes have a complete kitchen available for use.**

**Suggestions to bring: sandwich fixings; soup; crackers; ramen noodles; fruit; fruit juice -- Keep snacks in coolers to a minimum. You don't have a lot of room to store large coolers in your room. You'll know who you're rooming with before you leave, and it's a good idea to plan meals and cooler space together.**

**Dinners: Food prepared by coaches, athletes, and chaperones.**

**Clothing: 2 pr of running shoes if you have them! Several pair of shorts and t-shirts for runs. Don't forget your swimsuit! Evenings can be cool, sweat shirts and jeans are advised. Also pack sunscreen and bug repellent.**

**Bedding: Pillows and blankets are provided, but you could bring a sleeping. You will need to bring your own towel!**

**Emergency numbers: Heartwood Resort 1-800-577-4848. Ask for the Pine Village Duplexes and tell them you are with the Irondale Cross Country Team and they will contact us. Coach Torvi Cell (651) 955-6068 – Coach Shaw Cell (612)-695-2117**

**Coaching Staff: Coach Torvi, Coach Shaw, Coach Ahlers and Coach Blaske**

**Chaperones: Denise and Neal Heuss and other parents TBD.**

**Things to be turned in before you can go:**

- 1. Confirmation Slip - please turn in ASAP!**
- 2. Field Trip Permission Slip (signed by a parent)**
- 3. Money - due by Friday, August 16**

**CONFIRMATION SLIP:**

(Name) \_\_\_\_\_ will be going to Heartwood Resort.

Meals with the team: (check one per day)

Day 1 \_\_\_\_\_ meat \_\_\_\_\_ vegetarian

Day 2 \_\_\_\_\_ meat \_\_\_\_\_ vegetarian

Special dietary considerations:

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**FIELD TRIP PERMISSION SLIP**

(Runner's name) \_\_\_\_\_  
has permission to participate in the Heartwood Resort Cross Country Training Trip on August 19-21, 2019. I understand the arrangements for the trip and feel that the necessary precautions and plans for care and supervision of the runner will be taken. Beyond this we will not hold the school or those supervising the trip responsible. We also give the coach/chaperone permission to transport our child for emergency purposes.

Signature of parent or guardian \_\_\_\_\_ Date \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone # \_\_\_\_\_

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**BEHAVIOR CONTRACT**

- Respect the coaching staff, your teammates, their property, and the property of Heartwood Resort.
- Opposite genders are allowed only in living rooms.
- In own rooms at 10pm and lights out at 10:30pm
- No one is allowed to leave the Heartwood Resort site

Please read and understand these rules to ensure a safe and enjoyable trip for the whole team. If any of the above expectations are not met, we reserve the right to call a parent to have them come pick you up immediately. I have read, understand, and agree to follow these expectations.

Runner's signature \_\_\_\_\_  
I have read and understand the expectations my son or daughter will be held responsible for during this trip.

Parent's signature \_\_\_\_\_