

Myrtle Beach Trip: July 18th – 24th, 2009

Here is the information for this year's Myrtle Beach team trip. At the bottom of this page are the athletes who qualified from the time trial. We will be taking the top 20 finishers from the time trial who can attend, plus the top 4 freshmen. ***If your name is on this list, but you can not attend, please let Coach Carter know right away.*** Also on this sheet is some preliminary information. I will send out more specific information soon (itinerary, packing list, etc.). If anyone has any questions, please let me know.

*****REMINDER:** Those who qualified for Myrtle Beach must run and log at least the following mileage next week! (9th graders – 19 miles; 10th graders – 22 miles; 11th graders – 25 miles; 12th graders – 27 miles) If you will not have access to the running2win website to log your miles, just send me an e-mail with your weekly mileage at the end of the week. If you will not be able to meet these mileage minimums or if this mileage is significantly more than you think you can do, please let me know right away.

Trip Information:

We will leave from the front of Brookwood at 8:15 AM on Saturday, July 18th. Athletes need to be there by 8:00 AM. Coach Carter, Coach Sowers, and Coach Shuster will be driving during the trip. All of these adults will be active chaperones. We should arrive back at Brookwood by 6:00 PM on Friday, July 24th. Each condo has 4 twin beds, a double bed, and a double pullout bed available for athletes. Two athletes in each condo will have to sleep in sleeping bags and we will rotate who sleeps on the beds (*Please let Coach Carter know if you can bring a sleeping bag*). **The cost will be \$335 per person. Please make checks out to "Brookwood Cross Country". Please have money and permission forms/waiver turned in to Coach Carter by July 6th.** We need time to deposit money in the bank, get traveler's checks, etc. The condos are managed by Myrtle Beach Vacation Rentals (formerly Chicora Holiday) phone # 1-800-845-0833. The condos are located off of Shore Drive in Myrtle Beach, 29572. Your child will call you with the condo number and phone number of their condo when they arrive.

Athletes will need to bring money to eat 1 meal on the way up and 1 or 2 meals on the way back. They will also need money for two dinners while at Myrtle Beach and any extra fun things they want to do. We will probably do a couple of group activities (movies, mini-golf, etc.) **Pack light (one duffle bag each).** **The condos have washers and dryers.** Athletes will never be allowed to go anywhere alone, day or night. Any problems will be dealt with upon return to Brookwood and, depending on the issue, may result in missing overnight meets, suspension, or expulsion from the team. If you have any questions, call Coach Carter at (404)520-5295 or email: Chris_Carter@gwinnett.k12.ga.us

The following runners will be going on the Myrtle Beach trip:

Carly Egan Anakaren Lopez Caroline Kissel Sarah Perry Haley Carson Andrea Byrnes Danielle Jarnagin Julia Bassell Payton Wilson Carsen Harris Remmie Drury Jenese Hornsby

Caroline Walker Claire Hachat Lauren Maldonado Danielle Barker Carly Hamann Ansley Bullock Margaret Schofield Lexi Brooks Avery Douglas Lauren Clay Brittany Davis Maeve Cullen
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