**SFHS XC 2017 Bob Firman - Boise Idaho Trip Details**

When: Sept 22nd and 23rd

Location: Boise Idaho Race web site: <http://www.bobfirmanxc.org/>

Hotel: [Fairfield Inn by Marriott Boise](http://www.marriott.com/boifi) - 3300 S Shoshone St.  Boise, ID 83705 Phone: 208-331-5656

Total Trip Cost: $120 – payable to finance office

Chaperones: Darin Cable 801-319-4268 Kris Cary 801-669-6572 Chelsea Romney 801-794-9572

The cost will cover all transportation and hotel costs and will include Friday dinner and Saturday breakfast and lunch. We will leave Friday at 7:00am and return about 11:30pm on Saturday night.

Extra money: Bring $15-$20 for Friday lunch and Saturday dinner while we travel. The race also sells t-shirts and sweat shirts that cost between $20-$50.

**Itinerary**
Friday September 22, 2017
6:45 a.m. Bus and athletes arrive at SFHS
7:00 a.m.- Load bus and depart for Boise, Idaho
11:30 a.m.- Stop for lunch in Burley, Idaho (bring $7-$10)
12:30 p.m.- Resume trip to Boise
2:30 p.m.- Arrive at Fairfield Inn- 3300 South Shoshone St. Boise, Idaho
3:00-5:30 p.m.- Travel to race course @ Eagle Island State Park- 165 Eagle Island Parkway Eagle, Idaho Team course preview run and shirt purchase (optional $20-$45)
5:30-6:30 p.m- Return to Fairfield Inn and shower for dinner.
6:30-8:30 p.m.- Pizza Pie Café for dinner-2757 South Broadway Boise, Idaho - Team will buy dinner
8:30-10:00 p.m.- Team meeting in lobby and team free time
10:30 p.m.- Lights out and room checks

Saturday September 23, 2017
7:00 – 9:00am - Arise and eat breakfast at the hotel
9:30am - Load bus and depart for race course
10:00-4:30   Bob Firman Invitational
4:30-5:30 p.m.- Stop for dinner @ local fast food restaurants (bring $7-$10)
5:30-11:30- Travel from Boise, Idaho to Spanish Fork, Utah
11:30 p.m. Arrive @ SFHS

**Race Details**
Location**:**Eagle Island State Park 165 Eagle Island pkwy Eagle Idaho

11:50am Boys Varsity
12:50pm Girls Varsity
2:35pm JV Boys
3:50pm JV Girls

**Packing List (must fit into a single duffle bag)**

Running clothes $20 Cash for Fri Lunch and Sat Dinner Pillow/Blanket

Team Uniform Comfortable Clothes for bus ride Water Bottle

Swim suit Light weight jacket/sweats G or PG rated movies (for bus ride)

Personal Hygiene Items Snacks Peanut M&Ms (for Coach Cable)