

Hello all STATE families & athletes,

Here are a couple of reminders for this upcoming Thanksgiving week OFF and leading into our state weekend!

Tomorrow, Friday 11/21

Tomorrow's practice is a track workout and athletes should be prepared for this hard workout! If they get their workout and strength in and done, athletes should have another early dismissal.

Saturday Long Run 11/22

Team long run for Saturday will be in Old Town Folsom, time TBD depending on the weather.

Thanksgiving Break

Monday, Tuesday, and Wednesday we will be holding practices. Monday location and AM time TBD. Tuesday will be at Folsom Lake College, exact AM time TBD. Wednesday will be at Econome Park, exact AM time TBD. For those traveling during break and unable to attend our practices, we will make a plan (just let coaches know ASAP so we can plan around your absence).

Thursday (Thanksgiving Day), athletes have an easy run scheduled! We will not be holding a team practice, so are recommending out State athletes to get up early to get their easy mileage in before family festivities begin.

Friday is our departure day! We will meet in the Pondo parking lot at 7am to load cars and depart. Please see the itinerary linked at the bottom of this email, as it is a live link so any updates will automatically appear on this document! The athlete room assignments and transportation driving assignments are also linked in the itinerary, but are at the end of this email as well for easy viewing.

- **Friday night we will be having Chipotle** as our pre-meet dinner. To make this easier on parent drivers, athletes, and coaches, we will be CATERING Chipotle this year! We will have one parent or coach pick this up for us on Friday night, and will all have a nice evening in our Hotel Banquet Hall/Dining room (we called and reserved it already!) without the chaos of piling into cars and waiting in the Chipotle line. Post-season athletes have their dining costs covered by the district, but we don't want to exclude our wonderful families and supporters!
- That being said, **PARENTS**, if you are attending state with us and will be there in time for our Friday night dinner, **please let us know if you would like to be added into our catering headcount.** We are asking **\$20 per person** that is NOT an athlete or coach (this includes parents, siblings, friends, grandparents, etc). We will be able to feed all as long as we have an accurate headcount and receive \$20 per non-State

competitors! Coach Norwood and/or Coach N will accept cash tomorrow at school or next Friday when we are at the hotel!

Saturday is race day! See the itinerary for further details on race times and expected times for awards/departure. For EACH spectator (non-runner or coach), tickets must be purchased digitally through GoFan at the link [here](#). This ticket includes your parking at Woodward park for the day of the meet. I would recommend purchasing ahead of time for ease of entering the park on State Meet day, there is heavy traffic & cell service gets slow with the number of people!

Links: [State Meet Itinerary](#) // [Athlete Rooms](#) // [State Transportation](#) // [Spectator Tickets](#)

Always working hard to get better! I hope everyone has a wonderful Thanksgiving!

Coach N