

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday			
7:00am	(7:30)Rental Van Pick Up 156 Hillwood Avenue, FC	Wake up Call	Wake up Call	Wake up Call	Wake up Call	Wake up call	Wake up Call			
7:30am	Depart FCHS Door #8	Run @ Connetquot State Park	Morning Run	Morning Run	Morning Run	Morning Run	8:00am Depart hotel for VA			
9:00am	Travel to Long Island, NY Lunch en route (money required)	Shower at hotel/ light breakfast	9:30am Breakfast	9:30am Breakfast	9:30am Breakfast	9:30am Breakfast	Arrive at FCHS around 12 noon Parents Please be at FCHS to pick up students			
10:00am										
11:00am		Boys Team Goal Setting Session	11: IND 4 11:20: IND 5 11:40: IND 6	11: IND 8 11:20: IND 9 11:40 IND 10	Clean up and prepare to leave					
12:00am		Girls Team Goal Setting Session	12:00 IND 7	12:00 IND 11	Depart Maine					
1:00pm		12:30 Lunch	12:30 Lunch	12:30 Lunch	Van 1 Depart 10 am					
2:00pm		Travel to Maine Lunch en route (money required)	Seminar: Flexibility for Injury Prevention	Seminar: Nutrition for Distance Runners	Seminar: Form Running	Van 2/3 Depart 1pm				
3:00pm		Team Run @ Sunken Meadow State Park	3:00 IND 1 3:20 IND 2 3:40 IND 3	3:00 IND 15 3:20 IND 16 3:40 IND 17	3:00 IND 12 3:20 IND 13 3:40 IND 14	Arrive @ midpoint hotel				
4:00pm								Evening Run	Evening Run	Evening Run: House on the Hill
5:00pm										
6:00pm								Check in/Shower at Hotel	5:30pm Dinner	5:30pm Dinner
7:00pm	Dinner at Krause Family House	Dinner	Mini golf	Movie Night	Board Games (LRC)	Hotels for the night				
8:00pm		T Shirts/Board Games								
9:00pm										
10:00pm										
11:00pm	Hotels for the night Ronkonkoma, NY	Cabins for the Night	Cabins for the Night	Cabins for the Night	Cabins for the Night					

Hotel Information

Hotel on Monday August 14th

CLARION HOTEL & CONFERENCE CENTER

3845 Veterans Memorial Highway, Ronkonkoma, NY, 11779, US

Phone: (631) 585-9500 **Fax:** (631) 585-9564

Hotel on Saturday August 19th



Stamford

2701 Summer Street

Stamford , Connecticut

United States 06905

Hotel Front Desk: 1-203-3591300

