



Blue Valley Southwest Cross Country



Mike Kuharic Invitational 2024 (Lyons Township High School - La Grange, IL)

Cost (per runner)

The school and booster club will take care of the hotel rooms along with lunch & dinner on Friday. The hotel has breakfast covered in the morning. Runners only need to bring money for snacks on stops & lunch Saturday on the way back and/or meet t-shirts (if they have/want one).

Travel

We will take two school vans to the meet. Driven by the coaches. We will have 14 kids will go on the trip. We will make a few restroom stops along the way.

Hotel

We will be staying at Best Western Plus – Countryside, IL. We will sleep 2-4 runners to a room. Runners will have assigned rooms. Breakfast will be provided by the hotel before heading off to the meet. We will establish a gathering area in the lobby for dinner, meetings & before we check out.

**Best Western Plus
6251 Joliet Road,
Countryside, Illinois 60525**

Meal plans for the Trip

We will stop in Spring Field, IL at McAlister's Deli for lunch on Saturday paid for by the School/Boosters. Friday night we will have Olive Garden catered in; paid by the School/Boosters (please let me know if you have dietary restrictions). Saturday morning breakfast will be provided by the hotel & athletes will need to bring money for lunch on our way back



Agenda

Friday, September 6th

6:00am Arrive at BVSU & load vans
6:15am Depart from BVSU Athletic Lot (Dress to Run)
11:45am Stop for Lunch in Springfield, IL
12:45pm Leave Springfield for Lyons HS
3:45pm Arrive at Lyons High school (site of race). We will run our usual pre-meet workout
5:15-6:45pm Check into the hotel, shower & hang out
6:45pm Dinner in the Hotel
9:00pm Meeting in Lobby
9:30pm Lights OUT! No one is allowed out of their rooms.

Saturday, September 7th

6:00am Wake-up Call; head down to lobby for breakfast
7:00am Meet in front lobby to Check out and drive to course
9:00am Varsity Girls race (5k)
9:30am Varsity Boys race (5k)
11:00am Head home (For those traveling home with us, we will try to find a place to eat on our way back, bring money)
8:00pm E.T.A. Back at BVSU

Runners & Race assignments

Varsity Boys

Canyon Buehler
Elijah Chavez
Eugene Giam

Alex Roberts
Cameron Paschke
Wyatt McCulley
Andrew Claar

Varsity Girls

Stella Malinowski
Avery Reynolds

Kenzie Holland
Campbell Harger
Adeline Niermeier