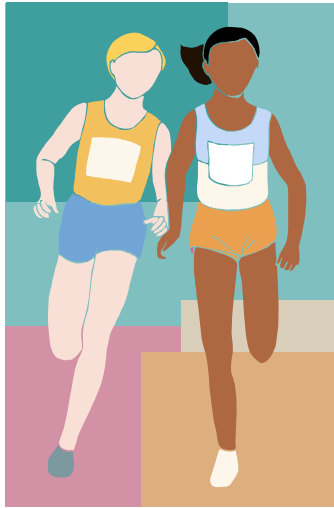


Proposal of replacement trip for GWT



GET - Nantahala

Dear Parents and Cross Country runners,

AS you all may know the annual Great Western Trip has been cancelled this year. I have proposed a replacement trip for the GWT to Coach Reichenbach and he has endorsed the idea. The trip would be to my family's lake house in the beautiful Smokey Mountains on pristine Lake Nantahala. We would make the trip during September break and return in time to go to Charleston on September 24. The select group of boys and girls would have a mountain to sea adventure in one week!

The coaches will not be able to attend so the camp will be run by myself and several volunteer parents. The cost will be a lot less than GWT but the experience will be no less rewarding.

Tentative details are:

- 1) Depart Saturday September 18. Return Thursday September 23.
- 2) Stay on Lake Nantahala at the shields house only 2 ½ hours from Marietta. The house sleeps 9 upstairs (girls and chaperones), 2-4 on main level (chaperones) and the boys will "rough

- it” in the basement on couches, sleeping bags and air mattresses. The house has 4 full baths.
- 3) Training in the AM and/or PM with team building activities such as white water rafting, extreme tubing, hiking and a Cherokee Indian Arts Festival during the day and team meetings and bonfires at night.
 - 4) Either rent passenger vans or shuttle the kids in parent’s vehicles depending on budget.
 - 5) Either bring prepared meals or easy to fix (healthy) food.
 - 6) Trip will be for top 7 boys and girls with parents of Seniors getting first priority to chaperone trip.
 - 7) I have mapped several runs already that include: Lakeshore loop featuring “Make or Break Hill” , wayah Bald high elevation run (5000 ft), Tsali Trails on Lake Fontana, Great Smokies Run, Rainbow Springs Road Race and the Wayah Road uphill challenge. The coaches will provide the tempos for all of these runs.
 - 8) Once I have the volunteers we will schedule a meeting to finalize the plans. I hope to have the details in place by August 21.
 - 9) The anticipated cost per athlete is about \$200.

If you would like to participate please let me know or contact me with any questions on my cell @ 678-860-5842 or e-mail to bill@tlcpoolandspa.com.

Thanks
Bill Shields