



Out of Town Meet Memo

We are off for Golden Bear indoor track meet in Edmonton!

We are leaving for the track meet **Friday January 20, 2017 at 5:00pm** from the parking lot of the [Holiday Inn Hotel](#) located on 16th Ave. / 19th St. NE. You need to be at the Holiday Inn **no later than 4:50pm**.

We are travelling by van. The athlete contribution for this trip is **\$170.00** payable at departure from Holiday Inn in Calgary.

We will be staying at the [Radisson Hotel Edmonton South](#) at 4440 Gateway Boulevard. Phone number is 780-437-6010. Breakfast is included in the room cost.

We are competing Saturday and Sunday. Athletes need money for lunch, supper and snacks for Saturday and Sunday and between events.

We will be leaving Sunday from Edmonton at about 4:30pm and should arrive back at the same spot at Holiday Inn in Calgary around 7:30pm. Athletes should remember to call home before we leave just to make sure that our estimated time of arrival is still the same!

Quote of the day:

"If individuals can get into the habit of starting workouts at a certain time every day, they will accept them as part of the regular daily schedule. Exercise will become habitual and the day won't seem complete without it."

- Barry Franklin, exercise physiologist

Coach on-site:
Dale Schoenthaler
Mobile: 403-680-9965 (SMS text
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