

Family Day at Itasca State Park

What: Instead of racing this week, we are taking a break and heading to Itasca for a fun day and are inviting families to join us if they would like to. There will be a bus for the athletes, but families will be required to drive separately.

Approximate Itinerary:

- 6:30 am – load bikes on trailer at RR
- 7:00 am – depart from RR
- 9:30 am – arrive at Douglas Lodge (south end of Itasca Lake)
- 10:00 am – speed work out on Ozawindib Trail.
- 11:00 am – eat sack lunch
- 11:30 am – drive to Itasca Sports to unload bikes/rent bikes
- 12:00 pm – begin biking north to the Headwaters and continue around the Wilderness Trail
- 2:00 pm – arrive at Douglas Lodge for malts and fries
- 3:00 pm – bike back to Itasca Sports/beach area for possible additional shenanigans (swimming, beach volleyball, paddle boarding, etc.).
- 5:00 pm – load up and head towards home
- 6:00 pm – eat at A&W in Fosston
- 9:00 pm – arrive back at RR

If we are running behind, we can cut out 3:00 shenanigans if need be to keep from getting home too late.

What to bring:

- Swim wear
- Towel
- Running clothes/biking clothes
- Dry change of clothing for trip home
- Bike (rental is \$15.00 if needed)
- Water bottle
- Sack Lunch and Snacks
- Small back pack to carry snacks/money
- Bug spray/sunscreen
- Money

Families are welcome to join in for as much or as little of this as they would like. We can easily touch base through Remind to let people know when/where we are at throughout the day.

If you are driving and able to transport your own bicycles, that would be wonderful – it is easier on the bikes and will save room on the trailers.

I am sure I am missing something so feel free to submit questions via remind.

Thanks and see you in the morning!!!