

ST. LOUIS U. HIGH SCHEDULE

COLORADO CAMP

SAT

6:15 - 7:15

STEAK BARBECUE AT MEADOWDALE

7:30 - 8:30

FREE AT MEADOWDALE

8:00 - 10:30

VIDEO

11:00 P.M.

LIGHTS OUT

SUN

7:15 - 7:45

~~MASS AT 0, L.M.~~ BREAKFAST

VAN

8:00 - 9:00

MASS AT 0, L.M.

↓

9:15 - 11:00

WORKOUT IN ESTES

11:45 - 12:15

LUNCH AT MEADOWDALE

12:15 - 3:00

FREE AT ~~MEADOWDALE~~ MEADOWDALE

VAN

3:30 - 5:00

WORKOUT AT AQUATIC CENTER

↓

5:00 - 6:30

BARBECUE AT AQUATIC CENTER

6:30 - 9:30

FREE IN ESTES (CINEMA - SHOPPING)

10:00

RETURN TO MEADOWDALE

11:00

LIGHTS OUT

MON

BUS

7:30

BREAKFAST

↓

7:45

DEPART FOR R.M.N.

8:15 - 8:00 P.M.

HIKING AT R.M.N.

6:15 - 6:45

DINNER AT MEADOWDALE

VAN

7:00 - 10:00

SPA ON HWY 7 (LIGHT JOGGING)

↓

10:00

RETURN TO MEADOWDALE

11:00

LIGHTS OUT

TUES

7:30 - 8:00

BREAKFAST

VAN

8:00 - 9:15

FREE AT MEADOWDALE

↓

9:15

DEPART FOR WORKOUT

9:30 - 11:15

WORKOUT AWAY

11:45 - 12:15

LUNCH AT MEADOWDALE

12:15 - 2:15

ROPES COURSE AT MEADOWDALE

2:15 - 3:30

WORKOUT AT MEADOWDALE

4:00 - 6:15

FREE AT MEADOWDALE

6:15 - 7:00

DINNER AT MEADOWDALE

7:00 - 8:30

FREE AT MEADOWDALE

8:45 - 10:00

CAMPFIRE

10:00 - 12:00

VIDEO/EARLY TO BED

12:00

LIGHTS OUT

WED

7:30 - 8:00

BREAKFAST

BUS

OPTION A

8:00 - 9:15

FREE

9:30 - 11:00

HARD WORKOUT

11:30

DEPART W/ SACK LUNCH

12:45

ARRIVE AT WATER PARK

1:00 - 4:30

WATER PARK

4:30

DEPART

6:15

DINNER AT MEADOWDALE

OVER

OPTION B

BUS

SAME SCHEDULE AS MONDAY FOR
HIKING

7:00 - 8:00

CLEAN-UP RANCH HOUSE &
PACK-UP NON ESSENTIALS

8:15 - 10:00

(OPEN) T.B, A.

11:00

LIGHTS OUT

THURS

7:30 - 8:00

BREAKFAST

8:00 - 9:15

FREE AT MEADOWDALE

VAN

9:30 - 11:30

LONG RUN- AWAY

11:45 - 12:15

LUNCH

12:15 - 6:15

PACK BUS & FREE (OPEN)

6:15 - 9:30

STEAK BARBECUE

10:00 P.M.

DEPART

* DENOTES NO RAPEL

	NAME	DEPOSIT	BALANCE	TOTAL	PHYSICAL	PERMISSION	ROCK
1	SCHMIAT	15	305	320	✓	✓	✓
2	* KLENC	15	260	275	✓	✓	✗ (Not Climb)
3	(KNAPSTEIN)	15	305	320	(ON FILE AT SCHOOL)	✓	✓
4	MOELLERING	15	305	320	✓	✓	✓
5	NAHM	15	305	320	WILL BRING ✓	MAIL COPY ✓	✓
6	(SAPIENZA)	15	305	320	(ON FILE) ✓	MAIL ✓	✓
7	BROOKS	15	305	320	WILL MAIL ✓	✓	✓
8	STEIN	+	320	320	✓	✓	✓
9	BITTO	15	305	320	✓	✓	✓
10	DOUGHERTY	75	245	320	✓	✓	✓
11	HALLEY	15	305	320	? ✓	✓	✓
12	MILES	15	305	320	✓	✓	✓
13	7:30 PICK UP WATSON & MANOEL SPIES	15	305	320	✓	✓	✓
14	RABAN	15	MAILED 305 ?	320 ?	✓	✓	✓
15	SCHWARZ	15	305	320	✓	✓	✓
16	SIKORSKI	15	305	320	✓	✓	✓
17	DORSEY	15	305	320	✓	✓	✓
18	KENNEY	15	305	320	✓	✓	✓
19	QUILLIN	15	WILL 305	MAIL 320	WILL BRING ✓	✓	✓
20	VATEROT	15	WILL	MAIL	? ✓	MAIL 14:00 COPY	✓
20	LUNA	150	✓	150	? ✓	✓	✓
21	LINHARES	150	✓	150	? ✓	✓	✓
22	CUMMINGS	✓	✓	195	? ✓	✓	✓
23	COACH						

SCHEDULE

SUN.

LATE AF
EVENING

DINNER 5:45

BASELINE RUN ~~AT FAIR GROUNDS~~ FAIR GROUNDS

MON.

BREAKFAST 7:30

INTO TOWN FOR MOVIE

MORNING

HIKE NATL PARK

BAG LUNCH

ALL DAY

AFTERNOON

POOL 5-6:30 6:30-7:00 B-B-Q AT POOL

EVENING

AT RANCA HOUSE

TUES

BREAKFAST 7:30

MORNING

9:30 WORKOUT AT FAIR GROUNDS

LUNCH AT MEADOWDALE 12:00 NOON

AFTERNOON

(HIGH ROPES 3 P.M.)

Dinner at meadowdale 5:45

Free

Aspen Lodge

8-11 p.m.

WED

Breakfast 7:30

TO CLIMB DAY LUNCH ON SITE

FOR NON-CLIMBERS: MORNING RUN / Free in town / Afternoon
free swim. Dinner at Meadowdale 6 p.m.

EVENING

rented movie

THURS.

MORNING BREAKFAST 7:30

MORNING

RUN AT MORaine PARK

Lunch at 11:45 meadowdale

AFTERNOON

INTO ESTES PARK / SHOPPING

POOL 5-6:30 POOL B-B-Q TO FOLLOW

EVENING

CAMPFIRE ON MOUNTAIN

FRI.

Breakfast 7:30

SACK LUNCH WHOLE DAY OPEN

LONG RUN AT MORaine PARK

6:00

Steak dinner at Meadowdale

EVENING:

INTO ESTES PARK / MOVIE

SAT.

Breakfast 7:30

MORNING Clean & Lv Ranch house

Lunch 12:00

AFTERNOON ULTIMATE ON FAIR GROUNDS

Dinner 5:00 P.M.

DEPART 6:00 P.M.

POOL
REC
SWIM

POOL
5-6:30

May 24, 1990

Dear Cross-Country Camp parents,

Since our Cross-Country camp is only a little over one month away, I wanted to get some important information to you through your son before school is out.

I assume you all have the background information on our trip and accommodations from the letter I sent home with your sons in April. If that letter never got home or if you have any questions about the trip, please feel free to call me at home (965-5224). We will be traveling to Estes Park, Colorado again this year and will be staying at the Meadowdale ranch. We have the ranch house there all to ourselves. We will be traveling by chartered bus, but there are still a few details to be worked out on our exact departure and return times. As of today, we are planning to leave VERY EARLY (@3:00 a.m.) in the morning on July 8th and to drive straight through to the ranch. Our return would be in the late afternoon of the 15th. If there are any changes I will call you within the next few weeks.

There are a few other important items I want to pass along to you. Each participant in this year's camp **must have a physical**. If you have not already made arrangements for this please do so right away. We are required by Meadowdale Ranch to bring copies of physical forms with us on the trip. Since all students who plan to participate in sports next year are required to get a physical, the school has arranged for physicals to be offered at SLUH for fifteen dollars. This is a convenient and inexpensive way to take care of this. Your son should be receiving information about the dates for this next week at school.

The cost for this year's camp is \$275.00. This fee includes: Bus fare, lodging and three meals a day for the week, rental of a team van for the week, pool rental, and a long list of other activities. One other activity I would like for us experience is rock-climbing and rappelling. I have made tentative arrangements with the Colorado Mountain School, one of the most reputable and experienced climbing schools in the country, to give us a whole day of climbing. They are very experienced in working with adolescents. I am convinced that this would be a great team building experience for us. The problem is that it would involve an additional expense. They have offered us a special group rate of 45\$ per person. That would cover our expenses for the whole day. I want to leave the decision about whether we do this or not up to the group. Please let me know what you think about this on the enclosed response form. The boys will probably want to bring spending money for snacks, entertainment or gifts (we may go to see a movie or to a water slide during the week). The only other necessary additional expense will be for the meals we will eat while traveling.

Enclosed you will find a response form which I would like you to fill out and return to school via your son on Tuesday or Wednesday of next week. **IT IS VERY IMPORTANT THAT I GET THESE BACK BEFORE SCHOOL IS OUT!** Fr. Goeke will be collecting them at school since I will be out of town. Also included is a list of what each participant should bring and a parent/guardian permission slip. I will be in touch with each of you by phone in early June to work out arrangements for sending the balance of payment.

Finally, if for any reason you know or even suspect that your son will not be able to be with us on this trip, please call me **immediately**. As of now I am counting on everyone who signed up. Any changes now will affect the finances for the rest of the group.

A quick note to the runners: it's time to start training! I will expect everyone to be in good shape for camp. At the very least you should stick to the summer running schedule you made out last week. Otherwise, you will spend the whole week trying to get started in spite of sore muscles. Remember, even if you are in relatively good shape, running at altitude is a challenge.

Thank you for patience and support on all of this. Again, please give me a call if you questions about anything.

Sincerely,

TRIP FINANCES '90

+ 320.00 x 19

+ 275 x 1

+ 150 LUNA

+ 195 CUMMINGS

+ 150 LINHARES

TOTAL \$ 6575.00

EXPENSES EXACT OR LIBERAL ESTIMATES

2,200 MEADOW DALE

MEADOWDALE — 2295.00

BUS — 1750.00 250.00 TO RIGER // 1500 TO FRANK

VAN — 475.55 TAX + INSURANCE

~~CAR — 2800.00~~

STEAK — 60.00

POOL — 90.00

HWY FEES — 200.00

CLIMBING — 990.00

ASPEN LODGE — 120.00

VAN & CAR — 60.00
FUEL

NAT'L PR FEES — 10.00

SUPPLIES — 50.00

SUB TOTAL 63511.00

ADDITIONAL EXPENSES

MY MEALS

VIDEO RENTAL

320
19
2990
320
4180
275
4439
195
4630
150
4780
2800
7580

320
19
2990
320
4180
275
4439
195
4630
150
4780
2800
7580

21
45
104
84
945

✓ indicates
High ability

Name	Rest Pulse	Stress Pulse	Distance	Time	Time
Spies	80	162	7		✓
Gitto	78✓	174	7		✓
Fagan	72	176	7		✓
Moellering	60*	180	7		
Halley	70✓	186	7		
Quillin	78✓	160	5		
Stein	80	176	5.5		
Schmidt	66	178	7		
Brooks	70	180	7		
Dorsey	92	180	7		
Kenney	64	180	7		
Klenc	98	172	5		
Miles	72	176	7		✓
Sapienza	50	188	5		
Sikorski	80	188	5		
Knapstein	58	152	5		
Nahm	100	186	5		
Dougherty	62*	186	5.5		
Schwarz	78	186	5.5		
Linhares	76	160	7		✓
Luna	?	152	7		✓
Cummings	66	186	7		✓
Coach L.					

WATER WORLD 427-7873

11.95 ADULTS

10.95 4-12

88TH & PECO ST

1-25 TO 84TH ST.
WEST ON 84TH
TO PECOS NORTH
ON PECOS. 88TH

7-8-90 LIGHT JOB - STREET

Name	Rest Pulse	Stress Pulse	Distance	Time	Time
Spies	66	162	12 min *		
Gitto	66	158	+		
Fagan	56	164	+		
Moellering	54	170	*		
Halley	64	166	*		
Quillin	86	168	*		
Stein	94	148	*		
Schmidt	50	164	*		
Brooks	72	156	+		
Dorsey	66	100	*		
Kenney	98	160	*		
Klenc	94	168	*		
Miles		178			
Sapienza	64	150	*		
Sikorski	68	168	*		
Knapstein	72	154	*		
Nahm	80	166	*		
Dougherty	68	152	*		
Schwarz	70	168	*		
Linhares	78	142			
Luna	52	132			
Cummings	72	152			
Coach L.		142			

* These guys felt very challenged by this short run

STANLEY

Die hard 7:30 R 10:00

Days of Thunder 7:30 PB-13 10:00

Pretty Women 7:30 R 10:00

Betsy wedding 7x 9

7-10-90

Name	Rest Pulse	Stress Pulse	Distance	Time	Time
Spies	80	160 / 180	2/10		
Gitto	78	170 / 180	3/12		
Fagan	84	158 / 180	2/10		
Moellering	66	170 / 176	2/10		
Halley	84	150 /	2/8		
Quillin	82	164 / 182	2/10		
Stein	96	166 / 160	1/6		
Schmidt	56	196 / 196	3/11		
Brooks	80	186 / 190	3/12		
Dorsey	82	146 / 164	2/10		
Kenney	90	180 / 190	3/11		
Klenc	92	164 / 184	1/6		
Miles	72	190 / 196	3/12		
Sapienza	66	150 / 160	1/6		
Sikorski	86	176 / 180	2/7		
Knapstein	74	125 / 140	1/6		
Nahm	102	—	1		
Dougherty	84	152 / 166	2/8		
Schwarz	86	154 / 162	2/8		
		1			
Linhares	60*	162 / 184	3/12		
Luna	50*	164 / 194	3/12		
Cummings	108*	184 /	3/12		
Coach L.		184 /			

* BASE

EASY 10 MIN WARM UP JOG

THOROUGH STRETCHING

FORM DISCUSSION

RUN AT EASY RUN PACE 1ST HALK TAKE PULSE

STEADY STATE RUN PACE 2ND HALK

GROUPS A) 3 + 3 2 MILES +

TAKE PULSE

~~GROUPS B) 4 + 4 2 MILES +~~

C) 5 + 5 3 1/2 MILES

D) 6 + 6 4 MILES

Tentative Daily Schedule:

UNIVERSITY
1-913 899-3644

- Thurs. 6/22 Depart from SLUH approx 8:00 a.m., lunch on road,
Arrive Goodland, Kansas 6:00 p.m., dinner, jogging, swimming.
HOLIDAY INN, GOODLAND 4 RMS 61773683 } 44.00 PER
+ TAX
- Fri. 6/23 Rise, breakfast, pack, depart early, no later than 8, if early,
drive to Estes park for dinner, arrive Meadowdale 6-7 p.m.,
settle in to House, assign rooms, meet to review week, rules,
training principles etc., snacks, movie at ranchouse, Lights out
11 p.m. +
- Sat. 6/24 Breakfast 7:30, free, 9:30: **Baseline workout** near
Meadowdale, Lunch 11:45, Afternoon workout away-?- 2:00,
Steak Barbeque 6:15, -?-, Lights out 11p.m. Rent movie
- Sun. 6/25 Breakfast 7:30, Mass in Estes Park-?-, Morning workout near
Meadowdale-?-, Lunch 11:45, free, 3:30-5:00: Pool Workout at
Aquatic center, 5-6:30: Barbeque at Aquatic Center, Movie in
town at cinema, return to Meadowdale, Lights out at 11.
- Mon. 6/26 Breakfast 7:30, pack gear and lunches, drive to Rocky Mtn.
Nat'l, brief workout and stretch-?-, Hike-?-, lunch on trail,
return to Meadowdale, dinner at 6:15, evening at spa, pool,
raquetball-?-, return to Meadowdale, lights out 11.
- Tues. 6/27 Breakfast 7:30, High ropes course, morning workout at
Meadowdale-?-, lunch at 11:45, drive to town, free to swim,
tour, shop, raquetball in Estes Park, meet for afternoon
workout-?- at 3:00, return to Meadowdale, Dinner at 6:15, free,
snacks, movie at ranch house, lights out at 11. FREE
- Wed. 6/28 Breakfast 7:30, pack gear, lunches, morning workout-hard-?-,
OPTIONS: 1) hike and lunch on trail, 2) lunch at park w/
ultimate to follow, 3) lunch at park w/ water slide or other
recreation, return to Meadowdale, Dinner at 6:15, after dinner
pack up, clean up and move to lodge, evening free-?-, lights out
at 11.
MOVE START OUT EARLY A.M.
- Thurs. 6/29 Breakfast 7:30, drive to site-?-for long run, return to
Meadowdale, Lunch at 12:30, afternoon free-?- no running, swim?
Steak Barbeque at Meadowdale 6:15, evening free in Estes Park-
movie, food, shops, water slides etc. return, lights out at 11:00.

Thurs Dept. 10:00
P.M.

ST. LOUIS 3:00
P.M.

FRIDAY

Fri. 6/30 Rise at 7:30 pack-up & load bus, breakfast at 8:30, sack lunch,
depart by 9:30, lunch on road, arrive Salina hotel-?-by evening-
?- dinner, bed at early hour.

HOLIDAY INN SALINA 4 RMS 39.00
61778999 PER
+ TAX

Sat. 7/1 Rise very early, check out, load bus, depart, breakfast on the
road, lunch, return to SLUH late afternoon.

58221000

CANCELLATION
NUMBER

QUESTIONS:

- 1) HRS FROM STL TO GOODLAND? _____
- 2) HRS FROM GOODLAND TO ESTES? 2 HRS DENVER-ESTES TO MILES / _____
- 3) HRS FROM ESTES TO SALINA? _____
- 4) HRS FROM SALINA TO STL? _____
- 5) GLENN CLARK
 - a) LIST OF SITES FOR WORKOUTS w/ DISTANCES
FROM MEADOWDALE / AVAILABILITY OF TRAIL
MAPS OR RELIABLE MARKED DISTANCES
MACGREGOR RANCH & TRAILHEADS

 - b) PLACE FOR LONG RUN CIRCUIT w/o
TERRIBLE HILLS. OPEN SPACE PARK

 - c) AVAILABILITY OF PARK HIGH TRACK AND
CROSS-COUNTRY COURSE? _____
- 6) NAME, LOCATION & COST OF LODGE w/ POOL & RACKET COURTS
ON HIGHWAY OUT OF TOWN PAST ST. MARY'S LAKE?

- 7) ESTES PARK TOURISM:
 - a) WATER PARK / SLIDE COSTS ✓
 - b) OTHER RECREATION FOR BOYS
- 8) MEADOWDALE
 - a) ROPES COURSE FOR TUESDAY MORNING? ✓

BRIAN JASKIE WILS

Dear prospective participants in the 1990 Cross-Country camp and parents,

Within a few months, preparation for the '90 Cross-Country season will be beginning in earnest. In a few weeks we will have our first meeting and we will get some idea about the size of next year's team. I expect that we will have a large group and I hope we can get a good number of runners training over the summer. I have no hesitation about saying that we can be better even than last year's very successful team. I hope that all of you can begin to believe in that kind of potential.

The reason for this letter is that some preparations for the summer are already underway. SLUH will again sponsor a one-week summer Cross-Country camp in Colorado. We must confirm our reservations and send in a small deposit this week.

This year camp will run from SATURDAY JULY 7th through SUNDAY JULY 15th and our base of operations will again be the Meadowdale Ranch and Conference Center in Estes Park, Colorado. The purpose of the camp is to give each athlete the opportunity to learn more about running, to provide a structured and varied program of physical conditioning, to generate some team spirit and momentum going into next season and to have fun. Our location at Meadowdale makes all of this possible. The 38 acre ranch includes a lodge, dining hall, ball diamond, outdoor basketball and volleyball courts, a mountain high ropes course and a small network of trails. Just across the street are the trails of the Roosevelt national forest. The City of Estes Park is four miles from the ranch and we will have access there to a track, an aquatic center, shopping and entertainment. Rocky Mountain National Park, with its thousands of miles of hiking trails is just a few minutes outside the city. Last year's trip was held at Meadowdale and with the experience we gained there last year, this year's trip should be even better.

Because Meadowdale is a non-profit institution, the costs for meals and housing are very reasonable. We will again have our own tour bus for trip. I estimate the cost of this year's camp at \$275.00. This fee would include transportation, hotel lodging during travel, lodging and meals at Meadowdale, access to training facilities and coaching. I will let you know exactly what the fee is when I have received deposits from all participants and have figured costs per person. I will be responsible for the supervision of all training, instruction and activities and no participant will be expected to perform beyond his level of ability or preparation. Nevertheless, I do not recommend the trip for someone who has no experience in running or who is in poor physical condition. The training will be demanding and I will expect everyone to come prepared to challenge themselves.

If you need anymore information before you make a decision, please give me a call within the next few days at home (965-5224). I need to get a **fifteen dollar deposit** from each participant **before this Friday** so that I can hold our reservation. This amount would not be refundable if you should have to cancel for any reason. The balance of the money won't be due until mid-June. Please make the check out to me. Since no plans are firm yet and because I am still not sure of the number of participants, there is still a chance that the trip will be cancelled. In that event, all deposits would be returned. Thank you for your interest in the team and for the support you've given in the past. Please feel free to call if you have any questions.

Sincerely,

Jim Linhares

TRIP SCHED.

DEPT. JULY 7TH A.M.

(?) ARR. JULY 7TH @ 5:00 PM AT _____ HOTEL GOODLAND/HAYS

DEPT. JULY 8TH @ 8:00 A.M. MASS IN TOWN OF (?)

(?) ARR. MEADOWDALE @ 4:00 P.M. DINNER ON OUR OWN?

ADD IT?	MON. 7-9	SPEC.	A.M.	P.M.
				POOL 5-6:30
	TUES 7-10	ASAEN LODGE 8-11	Hike NATIONAL PARK	→ EV. RUN
	WED. 7-11	ROCK CLIMB 8-5	LONGER RUN	ROPES COURSE
	THURS 7-12	DINNER AT POOL?		POOL 5-6:30
	FRI 7-13	STEAK B.B.Q.	Hike NATIONAL PARK (A.M. RUN)	→
	SAT 7-14		A.M. WORKOUT	

✓ 4.00 PER PERSON FOR SUN DINNER

✓ PROGRAM DIRECTOR: JOHN ASHMAN

✓ STEAK 2.50

✓ NO FEE ROPES

✓ MILAGE 25¢ PER MILE

CALL JOHN MID-JUNE RE: VAN
ASHMAN RODES

Colorado
Maintaining
School

(303) 586-5758

PROPERTY
OWNER OF MEADOW

LANDACE REVEL
AMMERMAN

303-431-9322

TERRY ✓

add. questions:

✓ VAN?

✓ ROCK CLIMB w/ INSTRUCTOR? ✓

✓ RUN IN ADJACENT MEADOW?

✓ Arr early SUN

* HALF-DAY

CLIMB UP

REPEL 35.00

PER PERSON

* FULL DAY (45.00)

② 3 PITCH CLIMB

② 25.00

DAY PACK, RAIN GEAR
WATER BOTLE LUNCH

TO Jim "MONSOON IN" SHIP TO _____
ADDRESS 910 Jim ADDRESS _____
CITY _____ CITY _____

REQ. NO.	FOR	DATE REQUIRED	TERMS	HOW SHIP	DATE
			C.O.D.		July 14 90
	QUANTITY		PLEASE SUPPLY ITEMS LISTED BELOW	PRICE	
	ORDERED	RECEIVED			UNIT
1	23	23	White S/SLEEVE T'S	@	8.00 ea
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12			2 SCREENS		40 -
13			ARTWORK		15 -
14			CAMERA		20 -
15			23 T'S		184 -
16					
17				T.L.	259 ⁰⁰
18					
19					
20					
21					
22					

IMPORTANT

OUR ORDER NUMBER MUST APPEAR ON ALL INVOICES, PACKAGES, ETC.

PLEASE NOTIFY US IMMEDIATELY IF YOU ARE UNABLE TO SHIP COMPLETE ORDER BY DATE SPECIFIED

PLEASE SEND

COPIES OF YOUR INVOICE WITH ORIGINAL BILL OF LADING

PURCHASING AGENT



Conference Center Meadowdale Ranch

ESTES PARK AQUATIC CENTER
660 Community Drive
Estes Park, Colorado 80517
303-586-2340

SWIMMING INFORMATION FOR MEADOWDALE RANCH

Estes Park is blessed to have available one of the finest aquatic centers for use of local residents and visitors alike. The director of the Estes Park Aquatic Center, Sam Hewson, desires to cooperate with Meadowdale Ranch in every way possible to assist and serve groups staying at the conference center. Unless otherwise noted, a special group rate of \$1.00 for adults and \$0.75 for children and youth will be charged for 1989. Towels and locks are provided for adults, but children and youth are asked to bring their own towels.

X X SPRING SCHEDULE: Open swimming is available on Saturday from 1 to 4 in the afternoon and 7:30 to 9:00 in the evening on Monday and Wednesday. Adult lap swimming is scheduled from 6:00 to 8:00 a.m. and 11:30 a.m. to 1:00 p.m. Monday through Friday, as well as 6:30 to 7:30 p.m. on Monday and Friday. Private use of the pool may be scheduled Friday evening after 5 or on Saturday before 1 and from 4 to 7.

X SUMMER SCHEDULE: Open swimming is available Monday through Saturday from 1 to 4 in the afternoon and on Monday, Wednesday, and Saturday from 7 to 9 in the evening. Adult lap swimming is scheduled Monday through Friday from 6 to 8 in the morning and 11 to 1 during midday. Private use of the pool may be scheduled Friday evening after 5 or on Saturday before 1 and from 4 to 7. During the summer Red Cross certified instructors will provide group lessons at a cost of \$1.50 per session Monday through Friday from 8 to 11 in the morning.

The cost of private pool use is \$45.00 for 1½ hours. This charge covers cost of life guard and miscellaneous expenses. Without additional cost, an outdoor patio is available for BBQ purposes to private parties. Each group, however, must bring their own coals. Other food may be brought in for meals at private parties such as sack meals or pizza. It is possible that alternate evenings and Sundays may be available upon request for private group functions.

Campers may be scheduled for open swimming times, but notice must be provided to insure adequate life guards on duty. No medical forms are required for children and youth. Other than individual type drop-ins, it is requested that the Aquatic Center be notified well in advance as to groups coming in for open swimming. Private parties are by reservations only. Each individual or group is expected to make payment at the Aquatic Center on the day of use. Reference to the Meadowdale Ranch Conference Center should be stated to insure special rates. Schedules are subject to change.

This new facility is well worth seeing and using and the staff of Meadowdale Ranch is pleased to recommend it to our conference center guests. The Estes Park Aquatic Center is located 5 miles from Meadowdale Ranch adjacent to the Park Elementary School.

Handwritten notes: 7/11/89, 12/1/89, 12/2/89

NAME: MILES - PICNIC

CAMP: 9 PM

12 PM

money?

SNFK

1990 SLUH CROSS COUNTRY Summer Running Roster

Seniors

Joe Martin ✓ <u>70</u>	8429 Gannon Ave., 63117	1	997-2639
Chris Boyd ✓	4491 Wise Ave 63110	1	531-0050
1 Dan Dorsey ✓	4451 Cambridge Walk Ct., 63044	4	298-2737
2 Mark Fagan ✓	2523 Bluff Ridge Drive, 63129	2	846-7539
3 Steve Gitto ✓	4933 Shaw, 63110	1	776-7514
4 Shawn Halley <u>0</u>	4159 Goodness Dr., 63034	4	831-4574
Pete Leuchtman ✓	14729 Faon Ct., 63034	4	838-6264
Marty Linenweber <u>0</u>	839 Font Lane, 63137	4	868-6644
5 Kurt Moellering <u>0</u>	705 Washington Ave., St. Charles, 63301	4	949-2925
Bryce Nickels ✓	6931 Pershing, 63130	1	726-6168
6 Mike Quillin ✓	8 Manor Lane, 63135	4	521-5934
7 Jim Spies ✓	6600 Mardel, 63109	1	647-6740
8 Andrew Stein ✓	626 Forest Leaf, 63011	2	227-7467
9 Tim Vatterott ✓	7214 Princeton, 63130	1	727-3591

Juniors

Jeff Bierling <u>0</u>	10025 Zenith Ct., 63123	2	544-4694
Steve Brockland <u>0</u>	405 Summit Ave., 63119	3	966-4461
10 John Brooks <u>0</u> ✓	1308 Green Mist Dr., Fenton, 63026	2	343-1450
Bob Bryant ✓	4411 Brooktop, 63128	2	487-2271
Ryan Fagan <u>0</u>	34 Jamestown Farm Dr., 63034	4	741-1704
11 Mike Kenney ✓	5611 Coffee Tree Ct., 63129	2	487-8268
12 Jim Klenc ✓	1119 Veronica, 63147	4	388-0049
Sean Lock <u>0</u>	4754 Butler Hill Rd., 63123	2	894-4494
13 Johnny Miles ✓	5344 Southview Hills Ct., 63129	2	892-3367
Josh Ruddy <u>0</u> ✓	4249 Shenandoah, 63110	1	771-8076
14 Dave Sapienza <u>0</u> ✓	5215 Sutherland, 63109	1	832-9558
15 Chris Schmidt <u>0</u> ✓	819 N. Jackson, 63130	1	863-7464
Josh Wheeler <u>0</u> ✓ <u>gone till Nov.</u>	9033 Philo, 63123	2	638-3499

Sophomores

Bill Arconati ✓	7263 Spring Water Ct. 63129	2	846-4892
John Dahlem <u>message</u>	608 E. Monroe Av., 63122	3	965-0385
16 Matt Dougherty <u>0</u> ✓	830 Kings Cliff Rd., 63122	3	821-8933
Mark Hochberg <u>0</u>	510 N. Van Buren Ave., 63122	3	822-8619
17 Kris Knapstein ✓	9015 Mathilda, 63123	2	631-7929
18 Pat Nahm ✓	8346 Ardsley, 63121	4	383-2307
Mike Normile ✓	12876 Four Winds Farm	3	966-8223
Matt Pfile <u>0</u>	251 Barter Ave. 63122	3	966-3165
Chester Pidduck	2627 Virginia, 63118	1	772-3796
19 Tim Probst <u>0</u> ✓	12643 Flower Crest Ct., 63033	4	741-4033
Matt Rubeo <u>0</u> ✓	144 S. Elm, 63119	3	961-4998
20 Rich Schwarz <u>0</u> ✓	5760 White Pine, 63129	2	892-9007
Brad Sikorsky ✓	2708 Cree Ct., 63129	2	846-1350
Louie Tocco ✓	1549 Chesley Dr., 63136	4	869-4791

RESTING PULSE

[illegible]

NAME	COURSE/DISTANCE	AT REST	TIME	STR	3 MIN	COMMENTS
J. BROOKS	5		61.34	116	84	Wore that crazy hat the whole time
C. BOYD	5		47.57	180	100	Name rhymes with "Pink Floyd"
J. DWYER	5		37.58	200	140	Shirt, shorts, + socks match well.
S. GITTO	7		48.05	104	112	is neat
M. KENNEY	5		47.41	100	88	Wore all black. Could be satanic.
J. KESTER	7		45.05	160	128	were red shirt <u>and</u> sweat shirt
J. KLENC	5		53.09	134	116	Sported his SLUH colors
G. LINHARES	7		58.55	158	108	Somebody buy him a new shirt
M. LUNA	7		58.55	148	104	Has superiority complex
C. MILES	7		60.05	150	72	Miles ran miles
J. MILES	5		47.50	148	84	See above
K. MOELLERING	7		48.55	130	104	No comment
C. SCHMIDT	5+		48.43	140	?	Pronounced "shmit" not "speez"
J. SPIES	5+		48.05	150	132	Pronounced "speez" not "spyz"
A. STEIN	5		45.13	174	124	Scraped elbow
T. VATTEROTT	5+		48.43	160	?	Neat Reggae shirt
C. LOTTES	Slacked					→
J. CUMMINGS	←					J.K. by me
COACH L.	7		48.43	170	245	Lucky

Me IIII

Him

DRY 622 CH

NAME	COURSE/DISTANCE	AT REST	TIME	STR	3 MIN.	COMMENTS
J. BROOKS	4	68	31:12	160	120	$\frac{106}{40} = \frac{x}{30}$ $40x = 318$ $x = 31.8$ $\frac{320}{40}$ $\frac{32}{4}$
C. BOYD	4	56	23:26	180	160	
J. DWYER	3	78	24:17	172	130	
S. GITTO	5.4	74	43:45	144	124	$\frac{106}{47} = \frac{x}{47}$
M. KENNEY	5.4	84	31:18	158	108	
J. KESTER	5.4	66	42:53	184	122	$\frac{106}{133} = \frac{x}{100}$
J. KLENC	3.0	74	27:21	170	128	$10600 = 133x$
G. LINHARES	5.4	78	44:36	170	146	$\frac{10600}{133} = x$
M. LUNA	5.4	54	40:50	165	105	$\frac{106}{133} = \frac{x}{100}$ $133x = 10600$ $x = 10600 / 133$ $x = 80$
C. MILES	5.4	70	35:03	170	104	
J. MILES	4	82	43:45	146	84	
K. MOELLERING	5.4	70	31:51	162	120	
C. SCHMIDT	4	58	31:51	160	84	
J. SPIES	4	88	34:00	162	126	
A. STEIN	4	86	51:46	190	110	
T. VATTEROTT	4	88	32:13	165	105	8 min later could not find
C. LOTTES	excellent timer	80	51:48	74	—	
J. CUMMINGS	5.4	90	41:31	178	146	
COACH L.	5.4	178	44:49	180	174	