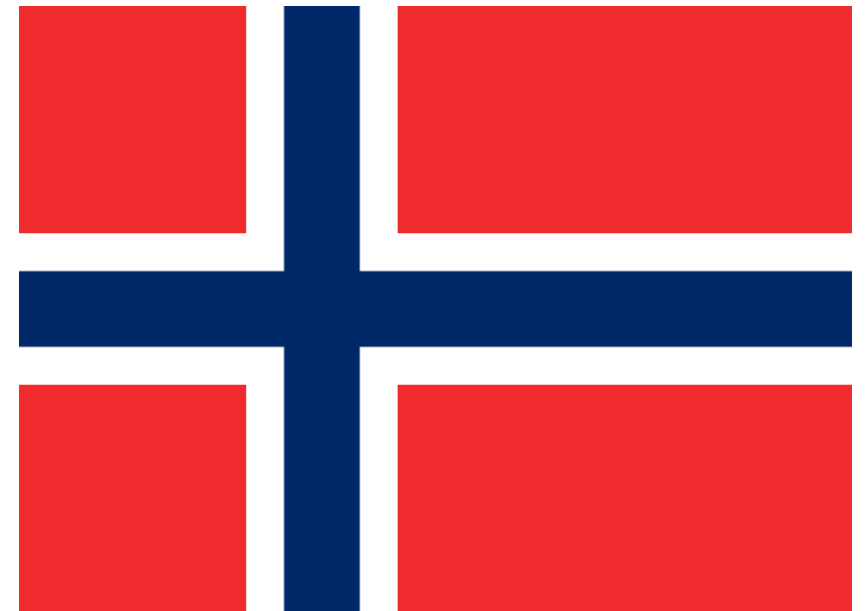


Training Camp Norway

June 10th – June 27th 2019

PRELIMINARY PLAN



Outline

- Purpose and goal of trip
- Eligibility
- Proposed schedule
- Preliminary trip review
- Logistics
- Cost estimates
- Important dates
- Exhibits



Proposed Schedule

| | |
|--------|----------------------------------|
| 10-Jun | Departure |
| 11-Jun | Arrive Oslo |
| 12-Jun | Train at Olympic training center |
| 13-Jun | Attend Bislet Games |
| 14-Jun | Train in Holmekollen |
| 14-Jun | Visit Holmekollen |
| 15-Jun | Train at Olympic training center |
| 15-Jun | Visit Downtown Oslo/Castle |
| 16-Jun | Train |
| 16-Jun | Visit Viking Museum |
| 17-Jun | Travel to Harstad |
| 17-Jun | Hiking Trip |
| 18-Jun | Training in Folkeparken |
| 18-Jun | Downtown Harstad |
| 19-Jun | Train with IK HIND |
| 19-Jun | Fishing trip |
| 20-Jun | Train with IK HIND |
| 20-Jun | Hiking Trip |
| 21-Jun | Cardiac Screening |
| 22-Jun | Track Meet |
| 23-Jun | Track Meet |
| 24-Jun | Excursion to Lofoten |
| 25-Jun | Lofoten |
| 26-Jun | Lofoten |
| 27-Jun | Return to Chicago |



Departure day

- Date: June 10th
- Departure time: 9PM or 10PM from O'Hare
 - Need to be at airport minimum of 2 hrs prior to departure
- Airline:
 - SAS (via Copenhagen or Stockholm)
 - or
 - Norwegian (via London Gatwick)
- Arrival (Oslo): 2PM - 4PM
- All US citizens need only a valid passport (no visa)

Oslo June 11th - June 17th

- Accommodations: Norwegian Olympic Training Center
<https://www.scandichotels.com/hotels/norway/oslo/olympiatoppen-sportshotellMe>
- Meals:
 - Breakfast incl. with accommodations
 - Lunch: TBD
 - Dinner: TBD
- Activities
 - Diamond League Meet 6/13
 - Visit Viking Museum, Castle, Holmekollen Ski Jump, Oslo
 - Training/running around Oslo
 - TBD





Oslo June 11th - June 17th

Oslo June 11th - June 17th



Oslo June 11th - June 17





THURSDAY
JUNE 13th
2019



IAAF
*Diamond
League*

OSLO
BISLETT GAMES

GvXc

Training Camp Norway 2018

Harstad June 17th - June 24th

- Accommodations: Wilderness Lodge (alt. hotel or cabins)
- Meals:
 - Breakfast: make at lodge
 - Lunch: make at lodge, catered or eat out
 - Dinner: make at lodge, catered or eat out
- Activities
 - Hiking, fishing, outdoor activities, celebrate mid summer
 - Mid night sun running, trail running, training with local clubs
 - Local festival
 - Local track meet
 - Swimming pool built into a mountain
 - Cardiac screening at local High School



Harstad June 17th - June 24th





Harstad June 17th - June 24th











Lofoton June 24th - June 27th

- Accommodations: Cabins
- Meals:
 - Breakfast: eat out
 - Lunch: eat out
 - Dinner: eat out
- Activities
 - Sightseeing, hiking, fishing, outdoor activities
 - Trail running













Logistics

- Climate/Temperatures
 - Variable: hi 40's to low 80's
- What to bring:
 - TBD



Costs

- ~ \$2,500
- Incl.
 - Airfare
 - Accommodation
 - Transportation
 - Access to Diamond League meet
 - Primary meals
- Excl.
 - Snacks
 - Spending money
 - Optional activities

Important Dates

- TBD

Exhibits

- Budget
- Rough schedule
- Quotes