



MCHS XC 2026 ITENERARY (FINAL 9/24/26)
Sep 26, 2026
NIKE PORTLAND XC INVITE HOSTED BY ALOHA HIGH SCHOOL
Event Website [LINK](#)
Race Location: **Blue Lake Regional Park**
(20500 NE Marine Drive, Fairview, OR 97024)
Race Day Coverage/Live Results:
[NIKE PORTLAND XC INVITE](#)



LOGISTICS (need seats for 14 total runners going down/parking at SFO and back to Santa Rosa):

FRI, 9/25 LEAVING 4:30am (PASSENGER SEATS)	SAT, 9/26 COMING BACK (PASSENGER SEATS)
Coaches Driving: Greg (4), Jess (4), Jon (7)	Coaches Driving: Greg (4), Jess (4), Jon (7)

SAT, 9/26/26 NIKE PORTLAND XC INVITE RACE SCHEDULE/MCHS XC RACE ROSTERS (14 TOTAL ATHLETES):

9:00am Gold Varsity Girls (7): Joslyn T, Brynn G, Marian S, Vivienne F, Clara W, Eliza T, Ruby B / Alt: Aria D)

9:25am Gold Varsity Boys

9:45am Danner Girls

10:10am Danner Boys (7): Cameron J, Hugh C, Jackson H, Laszlo K, Kade F, Logan T, Linden G / Alt: Jotaro K)

10:30am F/S JV Girls

...Etc, ...There are 18 races on this day! ...Last race of the day is J/S JV Boys at 3:50pm

FRIDAY LOGISTICS: Friday, 9/25 Leave MC Library 4:30am > drive to SFO > Catch 8:23am Alaska Air Flight #1411 > Arrive PDX 10:09am > Pick up Vans at PDX > **Noon Check into Hotel** > **~2pm Course Shake-Out Run** > **Team Dinner** > Stay Fri night

SATURDAY LOGISTICS: Leaving Hotel at 7:00am (15 min drive to race venue) > Race Sat, 9/26 early am > **Back to Hotel by Noon** > **NIKE HQ Tour from ~1:30 – 3:00** > drive to PDX > Catch 6:50pm Alaska Air flight #1374 > arrive SFO 8:43pm > drive back to Santa Rosa, home by ~11:00-11:30pm

HOTEL DETAILS (8 rooms total): Embassy Suites by Hilton Portland Airport (7900 NE 82nd Avenue, Portland, OR, 97220) Phone: (503) 460-3000. Check-in Friday, 9/25 **~Noon + 4pm** / Check-out Saturday, 9/26 **~Noon**

ATHLETES, WHAT TO BRING? Athletes bring \$ to cover your own lunch and \$ for snacks or race souvenir expenses. Team funds used for hotel, plane/van travel expenses, Team breakfast + Team dinner.

ATHLETE PACKING: Please pack light! Prefer 1 team backpack and/or very small duffle bag (no check-in luggage!)

ATHLETE DONATION: **Requesting every athlete attending this event to donate \$75** (cash, check or Venmo to Greg @Greg-Fogg-1) to help in covering trip expenses (~\$6K+ total expenses for this trip!); keep in mind, this donation is NOT a firm requirement/condition to make this travel roster; if you cannot donate just let Greg know!

5K COURSE MAP AND HIGHLIGHTS FOR MEET LOGISTICS [LINK](#)

Questions? ...Contact MCHS XC Head Coach, Greg Fogg (707) 291-2967 greg.fogg@comcast.net Look for more information or updates to be published on our Team Website here: www.mariacarrillorun.com

GO PUMAS!!!