This guide is to help coordinate the carpools for the MA Cross Country Meets for 2017. The summary for the current schedule is in the table below (times in red are not confirmed).

Note: There is almost always a coaches meeting prior to the start of events, so that is why we leave a little earlier than expected. Parents traveling separately probably don't need to leave quite as early.

Meet Carpool Times

Date	Meet	Location	Dismiss Athletes	Leave MA	Travel Time	Meet Start
Thu Aug 30	Peyton / CCAL	Peyton HS	*‡2:25p	2:55p	0:35	**4:30p**
Fri Sep 01	Rust Buster	Monument Valley Park	N/A[1]	2:25p	0:25	**3:55p**
Fri Sep 08	MA / CCAL	Dirty Woman Creek Park	N/A[1]			**4:00p**
Wed Sep 13	BLRA / CCAL	Banning Lewis Ranch Campus	2:20p	2:40p	0:35	**4:15p**
Wed Sep 20	RMCA / CCAL	Bear Creek Park	2:00p	2:20p	0:35	**4:00p**
Tue Sep 26	Runner's Roost	Chatfield State Park	‡2:15p	2:35p	0:50	**5:00p**
Mon Oct 02	CCAL Championship	Fox Run Park	‡2:25p	2:45p	0:15	**4:00p**
Thu Oct 05	Kodiak Classic	Colorado Springs School	2:25p	2:45p	0:30	**4:15p**
Sat Oct 07	Holmes Invitational	Holmes Middle School	N/A[1]		0:25	**9:00a**
Fri Oct 13	MA Invitational	Dirty Woman Creek Park	N/A[1]			**4:00p**
Sat Oct 21	State Meet	Fehringer Ranch, Denver	N/A[1]	8:00a	1:00	**10:00a**

* *Dismissal a little early, since the first meet is always chaos*
‡ *May need to meet up by church to avoid carpool*
[1] School not in session, athletes provide their own rides to the meet.

It is **ALWAYS** a good idea to get the Carpool Organized **EARLY**; at *least* three days out is a recommendation. Last year we had two meets where we went down to the wire for almost having to leave athletes behind at the school for lack of carpool seats!

New Carpool Organization

We're going to be using an online carpool coordination tool that we've used for a couple years now, called Group Carpool. Info, videos, etc. can be found at www.groupcarpool.com . A description of how we're using this tool follows, but there are a few fundamentals that we will be following:

- Drivers must have their Driver Forms filled out and turned in to the MA office.
- Athlete riders must have the CONSENT TO RIDESHARE section filled out in order to ride in the carpools coordinated by the team.
- Drivers and athletes travelling exclusively on their own do not need to fill out the forms.

The Carpool Coordinator(s) will set up the initial carpool events (meets) on the site. A brand new event is shown as below (NOTE – the "tutorial" here is for accessing the site on a computer, but the same web site is accessible from a smart phone or tablet. On a phone or tablet, the layout is slightly different, but the icons and functionality is the same).

This one is for the **CCAL Peyton XC Meet**. Note that we put the meet date in the title, but the sample is from 2016.

Add Driver
It will be the responsibility of each carpool driver to enter their own Driver/Car information for each meet. Start by clicking (also meaning "touch" for phones/tablets from here on out) on the blue word "**ADD**" or the blue "add car" icon. The **Add a car** form is show below.

Add a car

Name * _____

Email * _____

Phone _____

Seats * [4 ▼]

Address _____

City * _____

State _____

Departing Time _____ ☑

Return Time _____ ☑

Notes [_____]

[ADD CAR]

cancel

As with many web forms, the required fields are shown in bold with the red asterisks. For our purposes, we will fill in those and others:

Name "John Smith" or "Coach Eller"

Email "eller58@comcast.net"

Phone We will leave this blank and send out a contact list that is not "public" on a web site.

Seats This is the number of seats available for athletes, not including the driver or other passengers.

Address Leave blank

City Required, so use "MA"

State Leave blank

Departing Time This will be the *Dismiss Athletes* time shown in the Meet Schedule table in this document. We would like for the drivers to be at the school at that same time, instead of showing up at the exact roll-out time.

Return Time We will use the expected time we will return to MA. However, if you are returning *earlier* than the end of the meet, but area still part of the carpool, and *not* just returning home with only your athlete, then please try to estimate that time and enter in this field.

Departing/Returning checkboxes If you are only available to be part of the carpool in one direction (meaning not able to take any athletes other than your own for a direction), then please uncheck the box for the direction that you will NOT be part of the carpool. In addition, if you will have a different number of seats for each direction of travel, then you will need to make "two cars", one in each direction, to properly represent your participation in the carpool. Once you have entered in all the appropriate information, click the ADD CAR button. Your car will then show on the display.

CCAL Peyton XC Meet [08/30]

ADD or JOIN a carpool　　　　　　　　　　　　　WAITLIST

	Driver Location	Departing Trip	Return Trip	

JOIN　　MA　　2:25pm Tue 8/30　　6:00pm Tue 8/30

Coach Eller
details

not enough drivers?
Add yourself to the waitlist or

[+ Join Waitlist]

Add Athlete

Notice that in the sample screenshot above, some of the "seats" in the Coach Eller car for the **Departing Trip** are grayed out as "already taken", and available seats in cars are shown in green with the plus sign. *If there are available seats in cars*, you can click on either the green car icon (that shows **JOIN**), or on one of the green rider icons that has the plus sign for that car. The **Join car** form is then displayed.

Name Athlete's name (First Last)
Email Use the parent's email for this
Kind of Ride If your athlete will be traveling (in the same car) both directions, the use **Round Trip**. If you are purposely putting them in different cars for each direction (including taking them to/from the meet in your *non-carpool* car), then use **Departing Trip** or **Return Trip** (as appropriate). In the case where they are travelling in your non-carpool car for the "other direction", please use the **Notes** section for that (e.g., "Returning with parents"). Leave all other fields blank. Click **JOIN CAR** when completed. You should see new gray riders in the corresponding car on the display.

If there are no available seats in cars, they are shown with the car color changed to gray, and "FULL" inside the icon (instead of "JOIN").

In this case, you must add your athlete into the **Waitlist** instead of directly into a car…

Join Waitlist

If all available seats are taken in the cars (see above), then you must add your athlete to the Waitlist. Click on any of the orange Waitlist icons (car with people waiting) or the orange **+Join Waitlist** button. The Join waitlist form is then displayed.

Name   The Athlete's name (First Last)
Email   Use the parent's email for this
Leave all other fields blank and click **JOIN WAITLIST**. Note that the athlete is then listed below the **+Join Waitlist** button.

Move to Car

Once more seats have become available in the carpool (driver added, rider removed, etc.), you can move a rider from the Waitlist to a vacant spot in a car. Hover the mouse over the desired name on the Waitlist, until a small "move this" crosshairs appears to the left of the name (NOTE – this feature doesn't seem to work for touch devices, since you can't "hover" with a touch screen). Then click

on the crosshairs and drag the rider name over to a car that has available seats (NOTE – the tool seems to allow dragging onto cars that don't have available seats, and lets you add to the list, overflowing the seat count – i.e., a bug. So make sure the car actually has seats available).

Then select the appropriate trip type and click **JOIN CAR**. The rider is then removed from the Waitlist and added to the list of riders in the car.
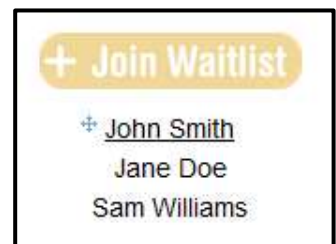
Links to the Group Carpool web pages for each meet are listed below. The table will be filled in as we get more information, as well as confirmation on some of the meets.

Meet	Date	Carpool Link
CCAL-Peyton	08/31	https://www.groupcarpool.com/t/iaodkt
Rust Buster	09/01	https://www.groupcarpool.com/t/u2gvrq
CCAL BLRA	09/13	https://www.groupcarpool.com/t/4mvdci
CCAL-RMCA	09/20	https://www.groupcarpool.com/t/50wrdq
ROOST	09/26	https://www.groupcarpool.com/t/4vojcg
CHAMP	09/28	https://www.groupcarpool.com/t/yb7i48
KODI	10/05	https://www.groupcarpool.com/t/xivc6h
STATE	10/21	https://www.groupcarpool.com/t/mvqyc6

The travel details for all the meets follow:

CCAL @ Peyton

PYTN

Thursday, Aug 31, 2017
Peyton High School
13885 Bradshaw Rd, Peyton CO 80831

Coaches Meeting: **4:00pm**   First Race: **4:30pm**   Last Race: **5:30pm**   Awards: **5:50pm**

🚗 via Hodgen Rd   **30 min**
28 min without traffic · Show traffic   23.3 miles

1150 Village Ridge Point
Monument, CO 80132

> Follow Village Ridge Point to CO-105 E

  58 s (0.2 mi)

> Take Hodgen Rd to Sweet Rd in Black Forest

  22 min (17.3 mi)

↰ Turn left onto Sweet Rd

  2 min (1.3 mi)

↱ Turn right onto Elbert Rd

  2 min (1.5 mi)

↰ Turn left onto Murphy Rd

  3 min (2.3 mi)

↱ Turn right onto Bradshaw Rd
  ⓘ Destination will be on the left

  1 min (0.7 mi)

Peyton High School
13885 Bradshaw Road, Peyton, CO 80831

Map
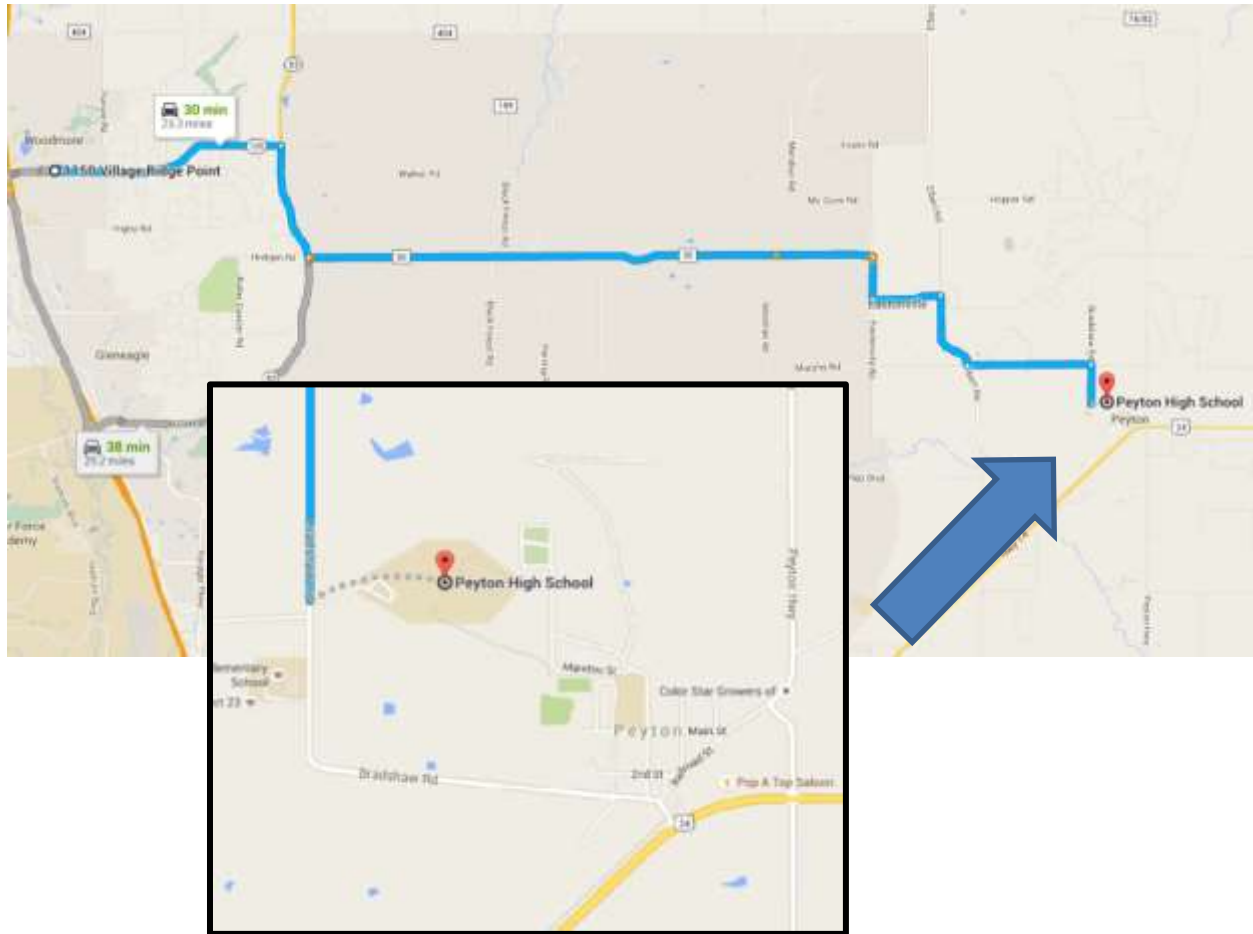
PYTN

UCCS Rust Buster   RUST

Friday, Sep 01, 2017
Monument Valley Park
W Fontanero Street and Culebra Avenue, Colorado Springs, CO 80903

Coaches Meeting: **3:00pm**   First Race: **3:55pm**   Last Race: **4:20pm**   Awards: **TBD**

Map

RUST

MA

CCAL @ Monument Academy
Friday, Oct 08, 2017
Dirty Woman Creek Park
Mitchell Rd., Monument, CO 80132

Coaches Meeting: **3:30pm**   First Race: **4:00pm**   Last Race: **5:20pm**   Awards: **5:50pm**

Drive 2.2 miles, 6 min

○ 1150 Village Ridge Point
Monument, CO 80132

↑ 1. Head west on Village Ridge Point toward Knollwood Dr

0.3 mi

↰ 2. Turn left onto Knollwood Dr

217 ft

↱ 3. Take the 1st right onto CO-105 W

0.7 mi

↑ 4. Continue onto 2nd St

0.7 mi

↰ 5. Turn left onto Mitchell Rd

ⓘ Destination will be on the left

0.6 mi

◉ Dirty Woman Park
Monument, CO 80132

Map

MA

CCAL @ Banning Lewis Ranch Academy

Wednesday, Sep 13, 2017

Banning Lewis Ranch Campus
7094 Cottonwood Tree Dr, Colorado Springs, CO 80927

BLRA

Coaches Meeting: **3:45pm**   First Race: **4:15pm**   Last Race: **5:30pm**   Awards: **5:50pm**

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29 min (20.8 miles)   ⤵ ︽ 🖨

via CO-83 S

27 min without traffic

1150 Village Ridge Point
Monument, CO 80132

> Follow Village Ridge Point to CO-105 E

1 min (0.2 mi) ————————————————————

> Follow CO-105 E, CO-83 S and CO-21 S to E Woodmen Rd in Colorado Springs. Take the Woodmen Road exit from CO-21 S

21 min (17.1 mi) ————————————————————

⌄ Continue on E Woodmen Rd. Drive to Cottonwood Tree Dr

7 min (3.5 mi) ————————————————————

↰ Use the left 2 lanes to turn left onto E Woodmen Rd

2.4 mi ————————————————————

↱ Turn right onto Marksheffel Rd

0.4 mi ————————————————————

↖ Slight left onto Vista Cerro Ave

0.4 mi ————————————————————

↰ Turn left onto Vista Del Pico Blvd

0.2 mi ————————————————————

↱ Turn right onto Cottonwood Tree Dr
ⓘ Destination will be on the right

295 ft ————————————————————

Banning Lewis Ranch Academy
7094 Cottonwood Tree Dr, Colorado Springs, CO 80927

Map
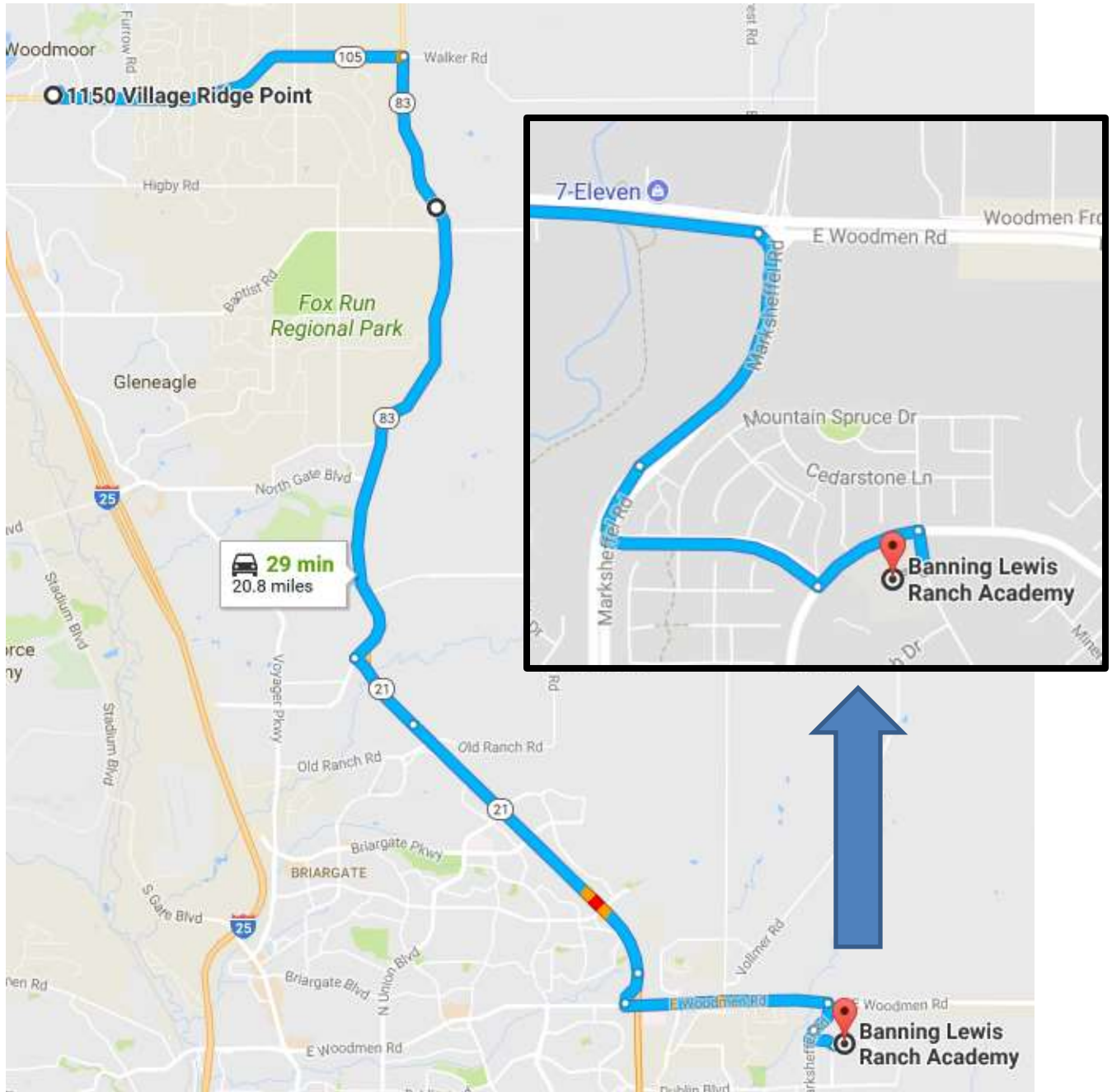
BLRA

CCAL @ RMCA

RMCA

Wednesday, Sep 20, 2017

Bear Creek Park
2002 Creek Crossing St., Colorado Springs, CO 80905

Coaches Meeting: **3:45pm**   First Race: **4:00pm**   Last Race: **5:20pm**   Awards: **5:50pm**

🚗 via I-25 S   **28 min**
27 min without traffic · Show traffic   23.8 miles

1150 Village Ridge Point
Monument, CO 80132

> Get on I-25 S in Monument from CO-105 W
  5 min (1.9 mi)

∧ Continue to Colorado Springs
  20 min (20.6 mi)

🚶 Merge onto I-25 S
  19.0 mi

⌐ Take exit 141 for US-24 W/Cimarron St
  0.1 mi

↰ Use any lane to turn left onto US-24 W/W Cimarron St (signs for Pikes Peak/Woodland Park)
  1.5 mi

∧ Continue on S 21st St. Drive to Creek Crossing St
  3 min (1.3 mi)

↰ Turn left onto S 21st St
  1.1 mi

↰ Turn left onto W Rio Grande St
  0.1 mi

↱ Turn right at the 1st cross street onto Creek Crossing St
  249 ft

2002 Creek Crossing St
Colorado Springs, CO 80905

Map
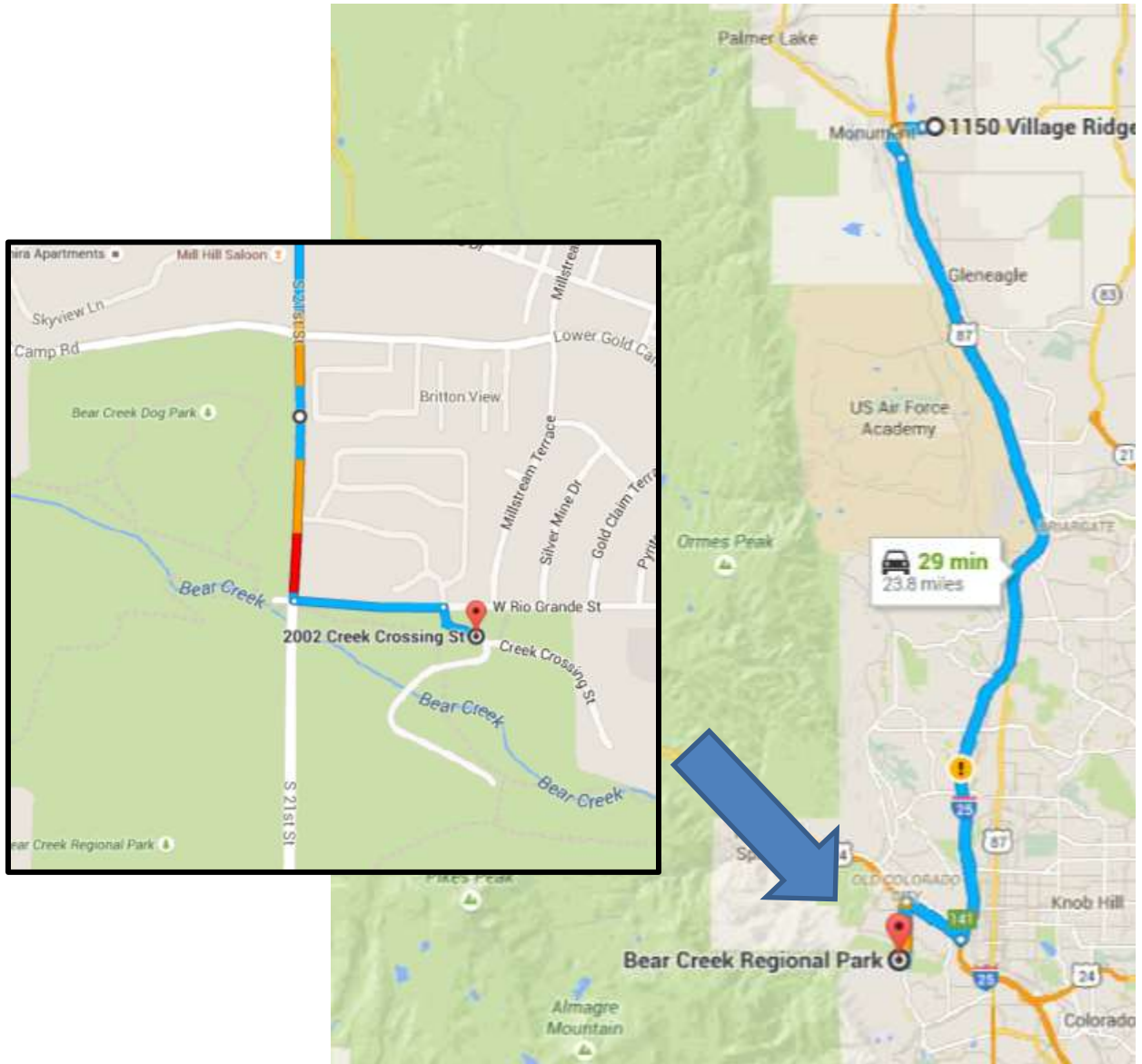
RMCA

Runners Roost Invitational Meet

Tuesday, Sep 26, 2016

Chatfield State Park
9564 South Wadsworth Boulevard, Littleton, CO 80128

ROOST

Coaches Meeting: **4:00pm**   First Race: **5:00pm**   Last Race: **5:20pm**   Awards: **6:00pm**

45 min (48.4 miles)

via I-25 N

44 min without traffic

---

3 min (1.1 mi)

ᐯ Continue on I-25 N to Columbine. Take the CO-121 S exit from CO-470 W

39 min (45.9 mi)

🚶 Merge onto I-25 N

33.3 mi

ʳ Take exit 194 to merge onto CO-470 W toward Grand Jct

12.3 mi

ʳ Take the CO-121 S exit

0.3 mi

ᐯ Continue on CO-121 S/S Wadsworth Blvd to your destination

4 min (1.4 mi)

↰ Use any lane to turn left onto CO-121 S/S Wadsworth Blvd

1.1 mi

↰ Turn left

0.2 mi

↰ Make a U-turn

0.1 mi

9564 South Wadsworth Boulevard

Littleton, CO 80128

Map
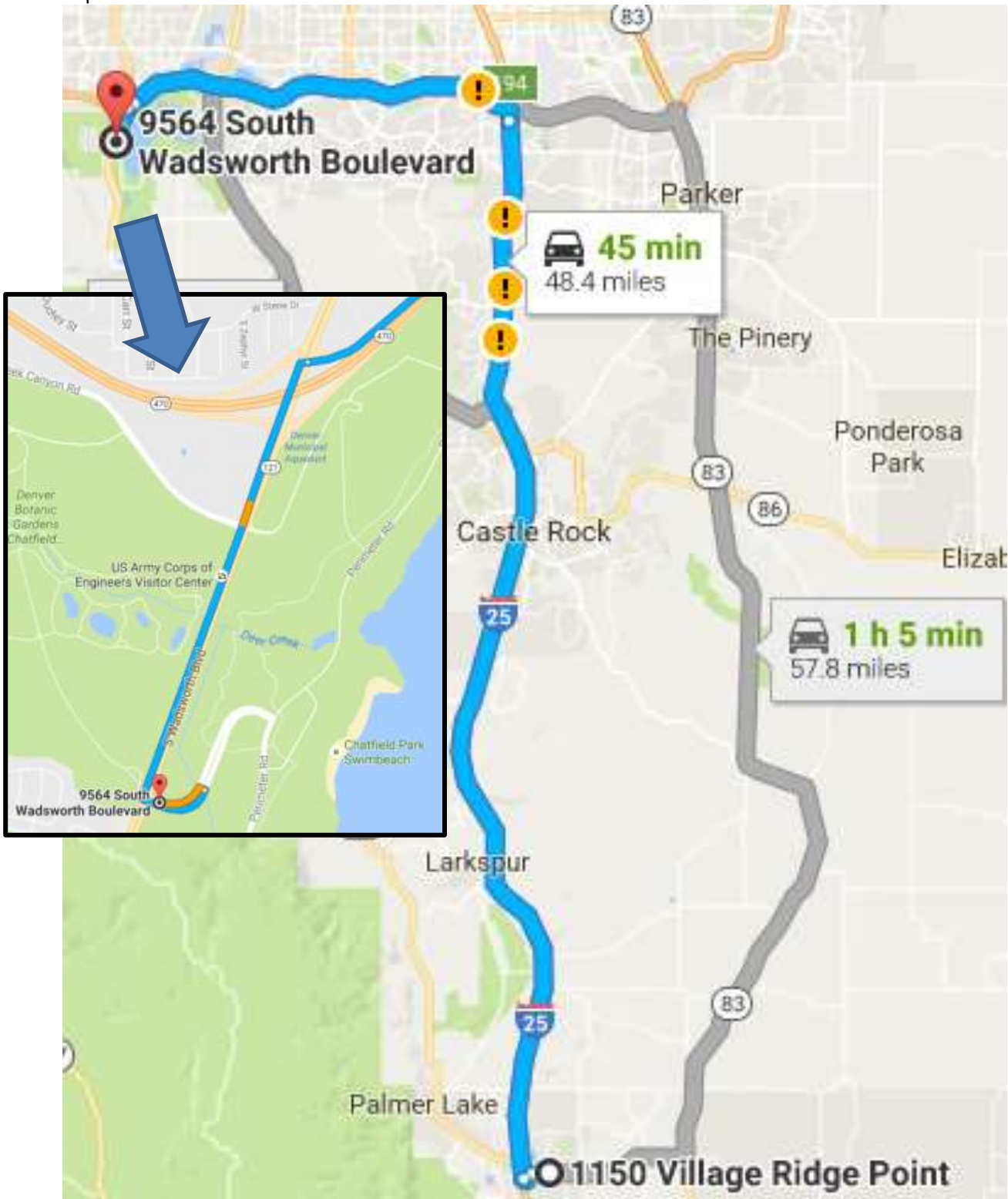
ROOST

CCAL Championship
Thursday, Sep 28, 2017
Fox Run Regional Park
2110 Stella Dr., Colorado Springs, CO 80921

CHAMP

Coaches Meeting: **3:30pm**　　　First Race: **4:00pm**　　　Last Race: **5:20pm**　　　Awards: **5:50pm**

🚗 via CO-105 E and Roller Coaster Rd	14 min
14 min without traffic · Show traffic	7.3 miles

1150 Village Ridge Point
Monument, CO 80132

> Follow Village Ridge Point to CO-105 E
58 s (0.2 mi)

↰ Turn left onto CO-105 E
4 min (2.9 mi)

↱ Turn right onto Roller Coaster Rd
3 min (1.5 mi)

⌃ Take Roller Coaster Rd to Stella Dr
3 min (2.0 mi)

　↰ Turn left onto Higby Rd
　0.5 mi

　↱ Turn right onto Roller Coaster Rd
　1.5 mi

⌃ Continue on Stella Dr to your destination
3 min (0.7 mi)

　↱ Turn right onto Stella Dr
　0.3 mi

　↱ Turn right
　259 ft

　↰ Turn left
　0.2 mi

　↱ Slight right
　ⓘ Destination will be on the right
　0.1 mi

2110 Stella Dr
Colorado Springs, CO 80921

Map
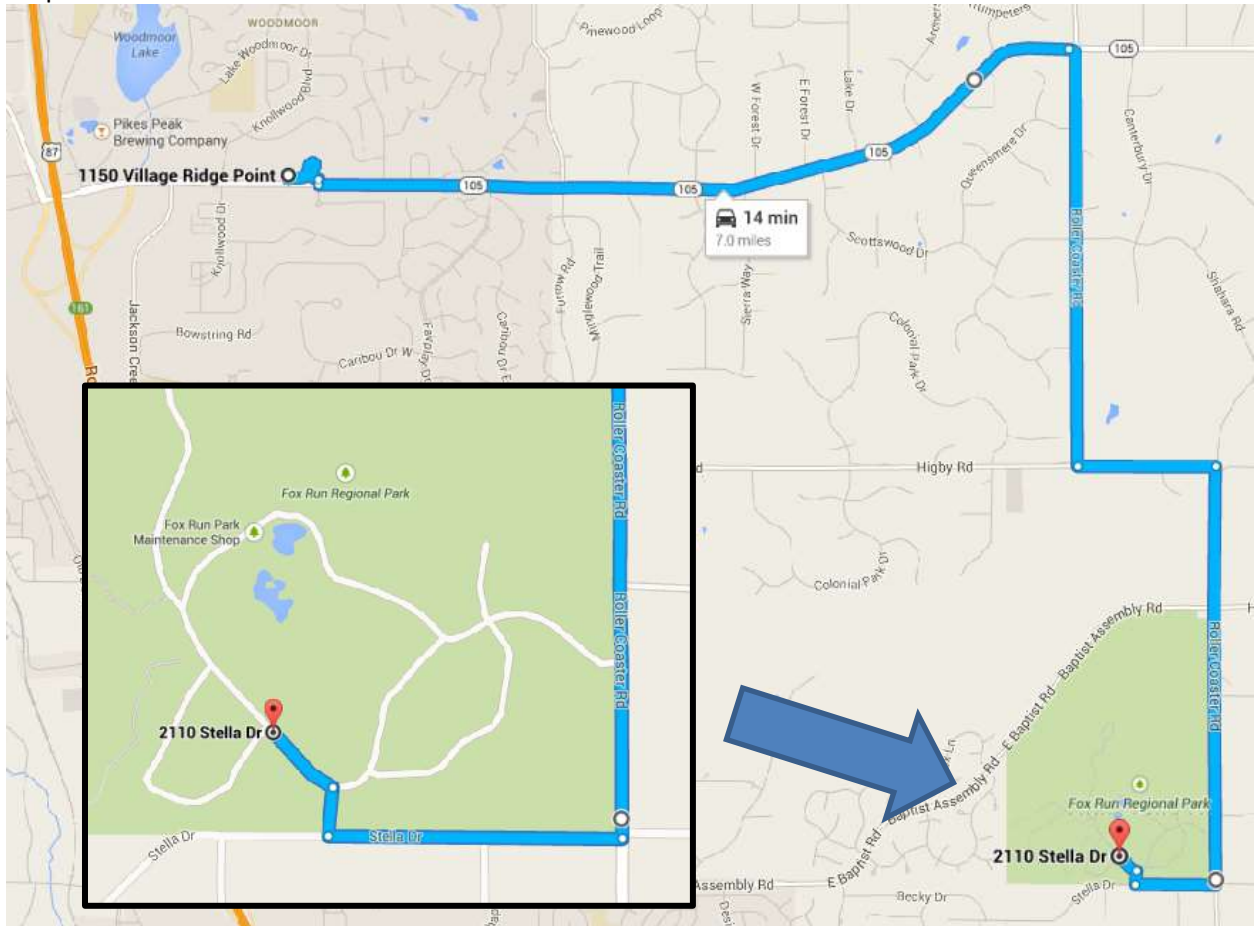
CHAMP

Kodiak Classic Meet

Thursday, Oct 05, 2017

Colorado Springs School
119 Hutton Lane, Colorado Springs, CO 80906

Coaches Meeting: **3:45pm**   First Race: **4:15pm**   Last Race: **4:30pm**   Awards: **5:00pm**

KODI

Drive 26.5 miles, 29 min

○ 1150 Village Ridge Point
Monument, CO 80132

⌄ Get on I-25 S in Monument from CO-105 W

1.6 mi / 4 min

⌄ Follow I-25 S to CO-29 S/Lake Ave in Colorado Springs. Take exit 138 from I-25 S

22.3 mi / 20 min

⌃ Continue on Lake Ave. Drive to Hutton Ln

2.5 mi / 5 min

⤵ 7. Turn right onto CO-29 S/Lake Ave
     ⓘ Continue to follow Lake Ave

1.9 mi

♀ 8. At the traffic circle, continue straight to stay on Lake Ave

0.3 mi

♀ 9. At the traffic circle, take the 3rd exit onto Berthe Cir

436 ft

↑ 10. Continue straight onto Broadmoor Ave

390 ft

↰ 11. Turn left onto Hutton Ln

472 ft

◎ 119 Hutton Ln
Colorado Springs, CO 80906

Map
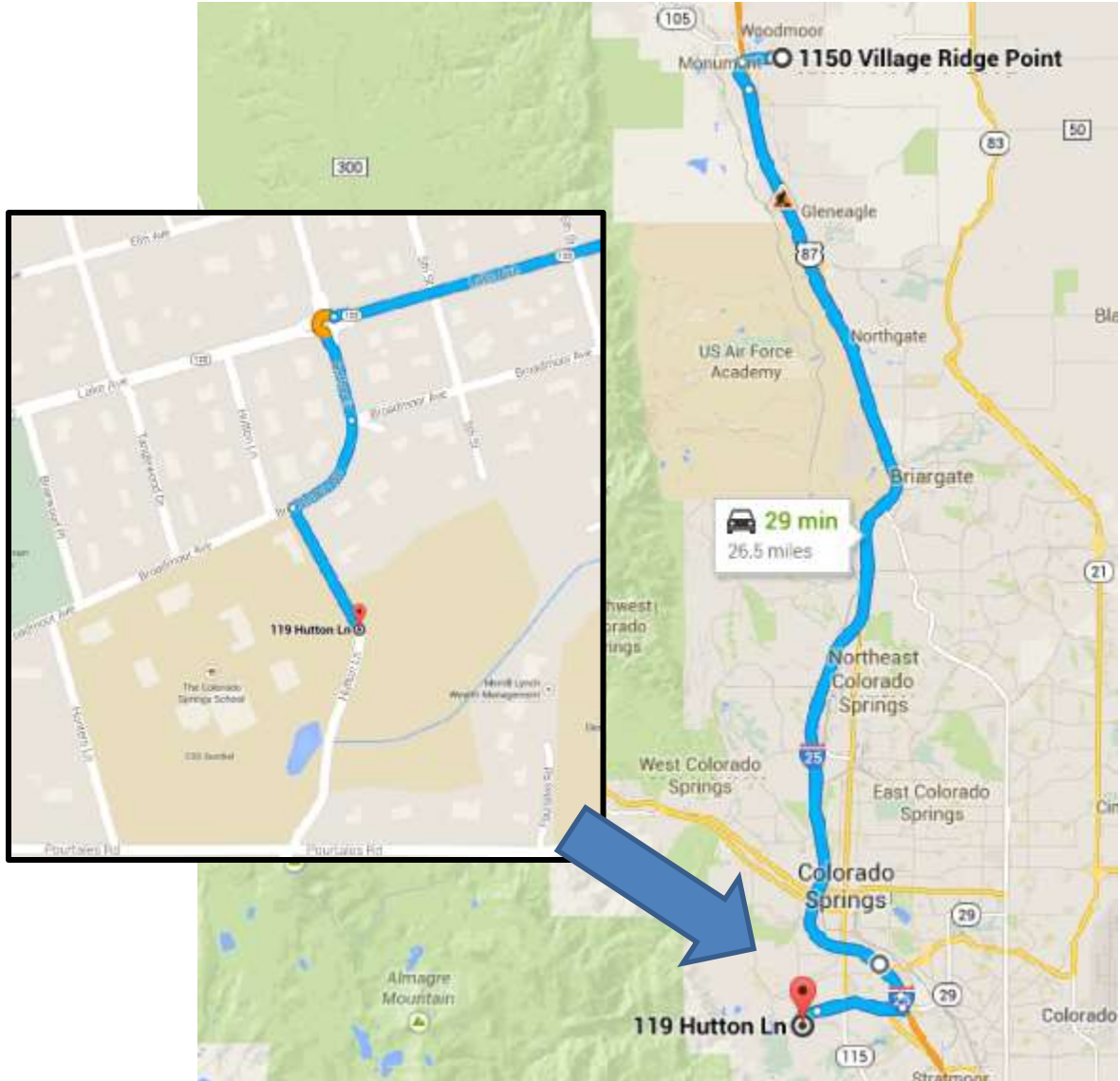
KODI

Holmes Invitational Meet
Saturday, Oct 07, 2017
Holmes Middle School
2455 Mesa Rd, Colorado Springs, CO 80904

HOLM

Coaches Meeting: **8:45am**   First Race: **9:00am**   Last Race: **10:00am**   Awards: **10:45am**

21 min (18.9 miles)

via I-25 S

Fastest route, the usual traffic

1150 Village Ridge Point
Monument, CO 80132

> Get on I-25 S in Monument from CO-105 W

5 min (1.6 mi)

> Follow I-25 S to W Fillmore St in Colorado Springs. Take exit 145 from I-25 S

14 min (15.5 mi)

⌄ Continue on W Fillmore St. Drive to Mesa Rd

4 min (1.7 mi)

🏃 Merge onto W Fillmore St

1.4 mi

↰ Turn left onto Mesa Rd

0.3 mi

Holmes Middle School
2455 Mesa Rd, Colorado Springs, CO 80904

Map
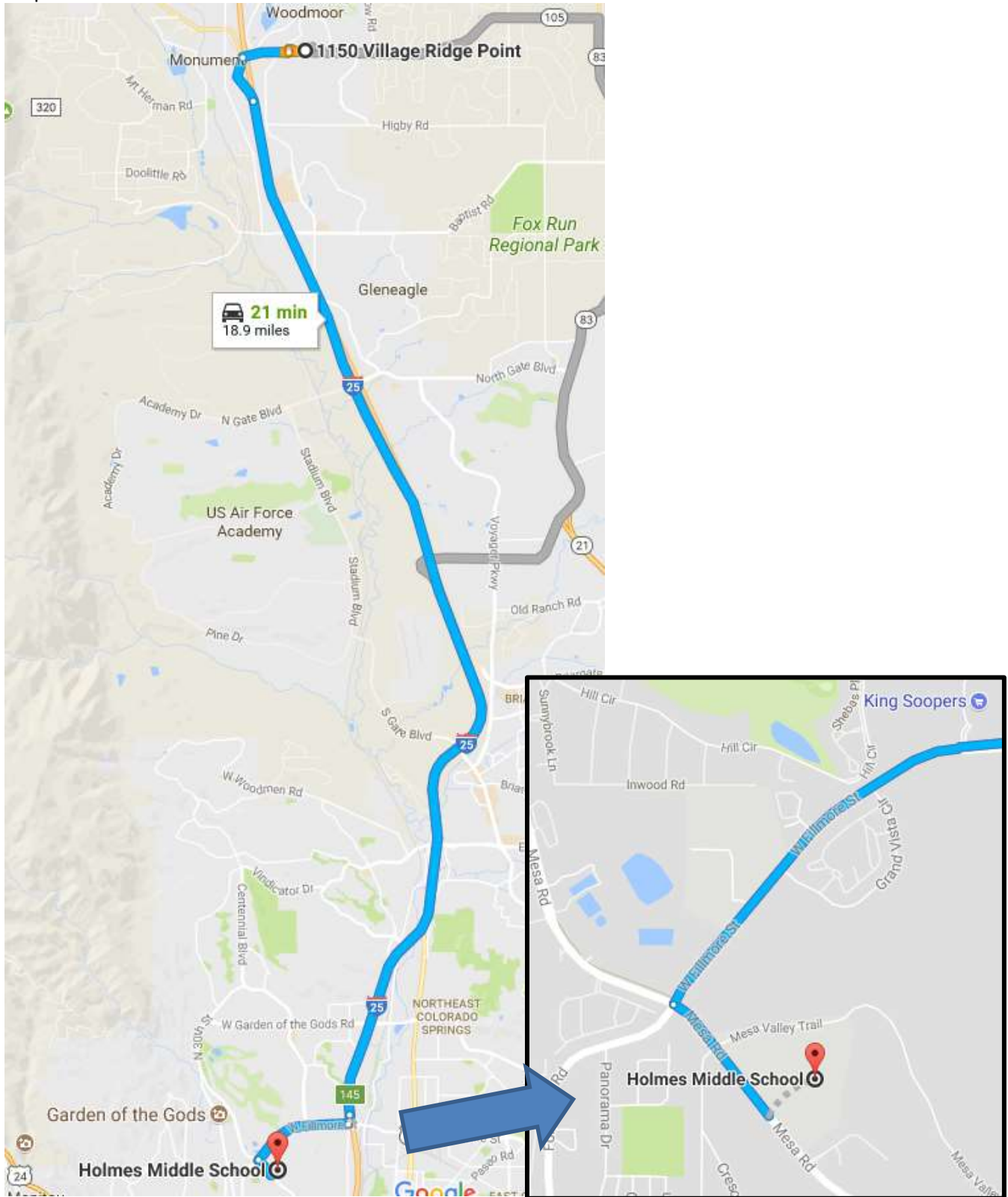
HOLM

Monument Academy Invitational Meet

MA-I

Friday, Oct 13, 2017
Dirty Woman Creek Park
Mitchell Rd., Monument, CO 80132

Coaches Meeting: **3:00pm**   First Race: **3:30pm**   Last Race: **4:40pm**   Awards: **5:15pm**
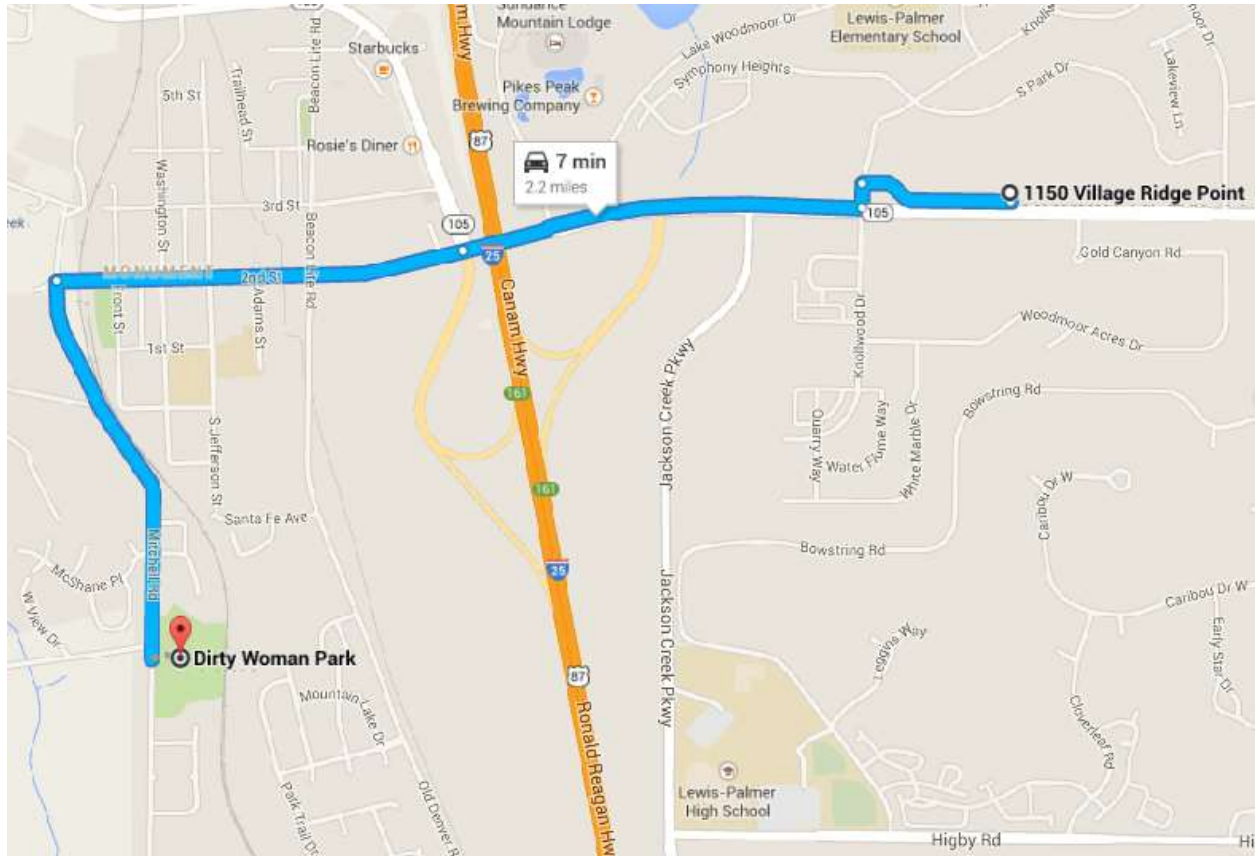
Drive 2.2 miles, 6 min

○ 1150 Village Ridge Point
Monument, CO 80132

↑ 1. Head west on Village Ridge Point toward Knollwood Dr

0.3 mi

↰ 2. Turn left onto Knollwood Dr

217 ft

↱ 3. Take the 1st right onto CO-105 W

0.7 mi

↑ 4. Continue onto 2nd St

0.7 mi

↰ 5. Turn left onto Mitchell Rd

ⓘ Destination will be on the left

0.6 mi

◉ Dirty Woman Park
Monument, CO 80132

Map

MA-I

State Championship Meet

Saturday, Oct 21, 2017

Fehringer Ranch Park (Across from D'Evelyn High School)
10359 W Nassau Ave, Denver, CO 80235
Coaches Meeting: **8:00am**   First Race: **10:00am**   Last Race: **11:30am**   Awards: **12:15pm**

STATE

54 min (58.3 miles)
via I-25 N and CO-470 W

1150 Village Ridge Point
Monument, CO 80132

> Get on I-25 N in Monument from CO-105 W

2 min (1.0 mi)

∨ Follow I-25 N and CO-470 W to S Simms St in Lakewood. Take the Simms St exit from US-285 N/US Hwy 285 N

49 min (55.8 mi)

⋏ Merge onto I-25 N

33.3 mi

⌐ Take exit 194 to merge onto CO-470 W toward Grand Jct

20.4 mi

⌐ Take the exit onto US-285 N/US Hwy 285 N toward Denver
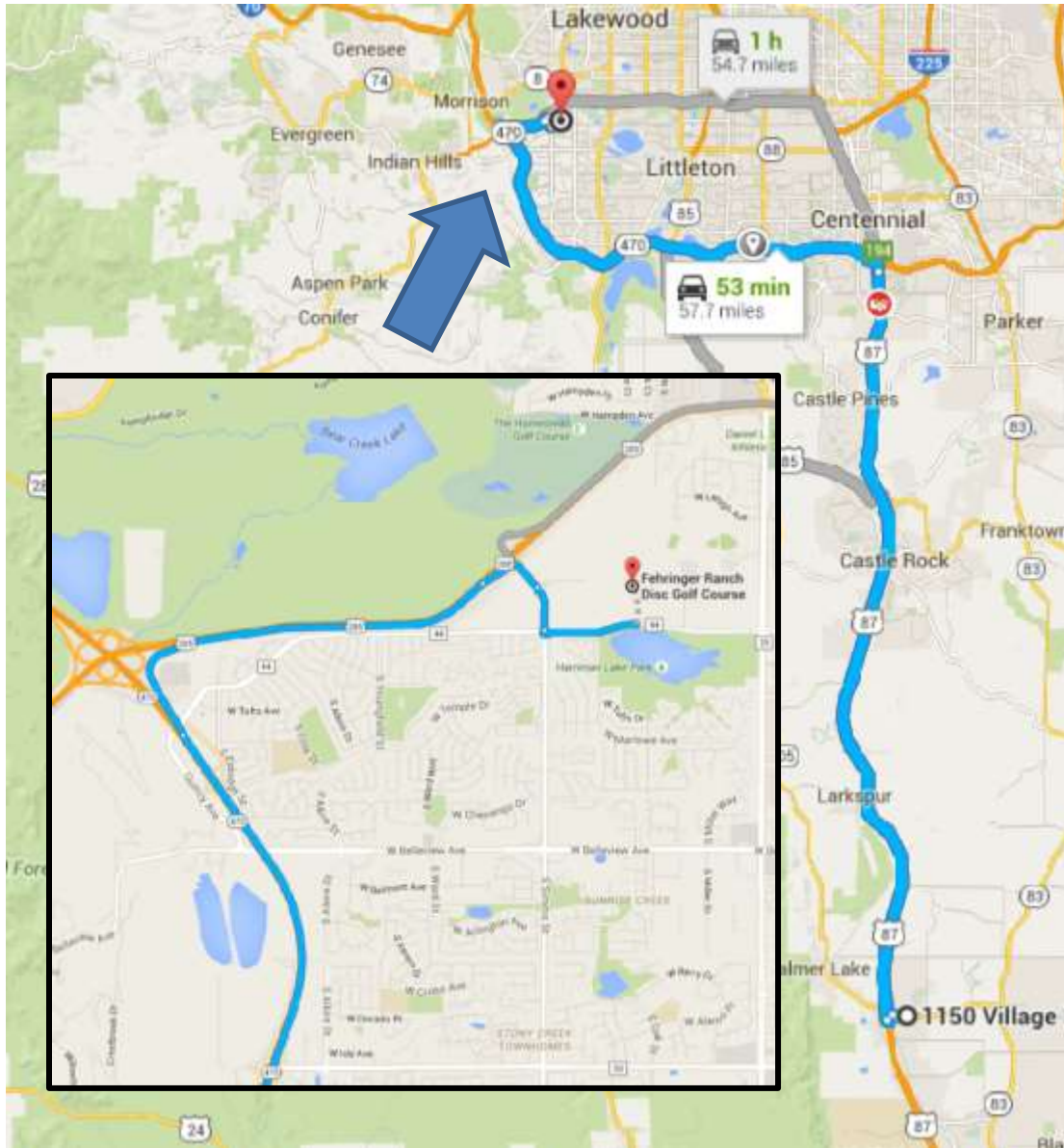
2.0 mi

⌐ Take the Simms St exit

0.2 mi

∨ Continue on S Simms St. Take W Quincy Ave to W Nassau Ave

3 min (1.4 mi)

⌐ Turn right onto S Simms St

0.2 mi

⌀ At the traffic circle, take the 2nd exit and stay on S Simms St

0.2 mi

⌀ At the traffic circle, take the 3rd exit onto W Quincy Ave

0.7 mi

⌐ Turn left onto S Nelson St

0.2 mi

⌐ Turn right onto W Nassau Ave

0.1 mi

D'Evelyn Jr-Sr High School
10359 W Nassau Ave, Denver, CO 80235

Map

STATE