Cadet National Duals

Trip Route

\*\*\*Please note that this is the anticipated travel itinerary and IS SUBJECT TO CHANGE based on time, weather, road conditions, etc.\*\*\*

**Saturday June 8, 2019 – NC to WA**

1. Leave National team practice/camp hotel and travel to Cherryville to pick-up coach Powers at his residence. Leave Coach Powers residence @ 12:00 pm and travel NC hwy 150 to US Hwy 321 which will bring us out on I-40 At Conover, NC. We will follow 1-40 for 375 miles to Nashville, TN. While passing through Nashville you will pass by Nissan Stadium (home of the Tennessee Titans) and you will also pass by Vanderbilt University. (6 hours 50 minutes)
2. In Nashville you will pickup I-24 which travels northwest towards Kentucky. You will pass through Paducah, KY on  into Kentucky on I-24. While traveling through Kentucky you will see many horse farms and you will also pass by Ft. Campbell, Kentucky. The home of the US Army 101st Airborne Division. You will continue on 1-24 to Mt. Vernon, KY where you will intersect I-57 N which will take you on to I-64 and on into St. Louis Missouri. (309 miles, 4 hours 30 minutes from Nashville) While passing through St. Louis you will see the Gateway to the West Arch as well as Busch Stadium home to the St. louis Cardinals baseball team.
3. In St. Louis you will intersect I-70 W which will take you to Kansas City, MO (3 hours 40 minutes, 248 miles). In Kansas City, MO you will pass by Arrowhead Stadium (Home of the KC Chiefs-football team) and you will pass by the stadium of the KC Royals baseball team. In Kansas City you will pick up I-29 North. On I-29 N you will travel along the state line of Iowa and Nebraska. You will travel on I-29 past Omaha, Nebraska to Council Bluffs, Iowa. (182 miles, 182 miles)
4. In Iowa on I-29 you will continue north through Sioux City and on to Sioux Falls, South Dakota. At Sioux Falls you will pick up I-90 and remain on I-90 all the way to Spokane. (From Sioux Falls to Spokane, WA is 17 hours and 48 minutes, 1,202 miles). From Sioux Falls on I-90 you will travel all the way across South Dakota. (Sioux Falls to Rapid City: 348 miles, 4 hours 49 minutes) While traveling across South Dakota you will pass Wall, SD which is the home of Wall Drugs. This is a tourist stop with many shops and activities as well as Badlands Harley Davidson. You will also pass the edge of Badlands National Park with photo opportunities. Upon arrival at Rapid City, SD you can take hwy 16 S from I-90 to Mt. Rushmore (24 miles, 33 minutes off I-90). From Rapid City, SD you continue on I-90 and will pass by Sturgis, SD (home of the world famous bike rally) and on through Spearfish, SD and into Wyoming.
5. Entering Montana you will pass by the Crow Indian Reservation. You will see the Bighorn Mountains and you will pass the Little Bighorn Battlefield at Garryowen, MT. Continuing on I-90 you will pass through the towns of Gillette, MT and on through Bozeman, MT and on to Butte, MT.( From Spearfish SD to Butte, MT is 501 miles, 7 hours and 28 minutes.) From Butte, MT to Spokane WA it is only 315 miles or 4 hours and 49 minutes.
6. Leaving Butte, MT you continue on I-90 toward Spokane, WA. This is one of the most picturesque parts of the trip. Leaving Butte, MT you will climb to the top of Centennial Pass which is the Continental Divide. Once Passing Centennial Pass you cross into the panhandle of Idaho. At the foot of the mountain range you will pass through the town of Coeur d’Alene, ID and pass lake Coeur d’Alene. From here it is only 33 miles or 36 minutes on into Spokane Washington.

Saturday June 15, 2019 – WA to NC

1. After completing the duals tournament we will leave Spokane, WA and head west on I-90 to Ellensburg. There we will pickup I-82 and take it to Yakima, WA. At Yakima we will pick up US 12 and travel west through the Cascades mtns. Passing by Mt. Ranier and by Mt. St. Helens. We will eventually intersect with I-5 at Onalaska.
2. We will travel south on I-5 to the town of Kelso, WA where we will pick up US 30. We will travel on US 30 all the way to Astoria. In Astoria we will pick up Hwy 101 and travel south along the coast of Oregon for about 75 miles. We will be able to see many vistas of the Pacific Ocean from hwy 101, which is designated, as a scenic byway. We will take 101 all the way down to Cannon Beach where the wrestlers will be able to view Haystack Rock and be able to wade in the Pacific Ocean.
3. Leaving Cannon Beach, we will backtrack on hwy 101 for about 10 miles and pick up US 26 which we will follow all the way in to Portland, Oregon. We will probably overnight in or around Portland to set us up for our next full day of travel. (end of day 1)
4. We will leave Portland, Oregon on I-84, which will quickly place us in the Columbia River Gorge (one of the most picturesque areas in the United States. We will travel I-84 in the gorge for about 100 miles. On I-84, we will travel across northeast Oregon. I-84 will take us into Idaho and we will continue on to Boise, ID. We will travel across Idaho and eventually cross into Utah. This will take us by the northeastern tip of the Great Salt Lake. We will follow I-84 through Ogden, UT through the Wasatch Range Mints.  We will pick up I-80 in Echo, UT and follow I-80 into southwest Wyoming. We will probably end day 2 around Evanston, Wyoming. (end of day 2)
5. Leaving Evanston, WY, we will travel I-80 to Cheyenne, WY. In Cheyenne, WY we will turn south on I-25 to Denver, Colorado. We will pass by the Denver Bronco’s stadium and the Colorado Rockies (baseball) stadium. We will travel on through Denver south on I-25 to Colorado Springs, CO home of the Olympic training Center. Also, home of Garden of the Gods, 7 Falls, and Pikes Peak. (end of day 3)
6. Leaving Colorado Springs, we will take hwy 24, which will take us to Limon, Colorado. There we will pick up I-70 (east). We will travel i-70 east across Kansas to Kansas City. We will continue on I-70 Into St. Louis, MO. (end of day 3)
7. From St. Louis, we will travel on I-64 east to I-57 south. We will take I-57 south to I-24. We will take I-24 to Nashville, TN. In Nashville, we will pick up I-40 and take it to I-77 and then south to Charlotte, NC. (end of day 4) Total travel time 51 hours, total miles 3,275.