

COME CELEBRATE THE START OF THE 2016 CROSS COUNTRY SEASON
BY JOINING US FOR THE TWELTH ANNUAL

ANN ARBOR RUNNING COMPANY

“END OF SUMMER” CROSS COUNTRY CLASSIC

PRESENTED BY SAUCONY

FRIDAY, AUGUST 26, 2016

**On a fabulous NEW cross country course at
HUDSON MILLS METROPARK!**

The course will be fast, coach and spectator friendly!

We have spent a lot of time with the park management designing this new course!

FORMAT: NO TEAM SCORES – THIS IS JUST A BIG OLD CROSS COUNTRY PARTY!

ALL RACES – UNLIMITED ENTRIES PER TEAMS.

MEET PHILOSOPHY: HAVE SOME FUN WHILE WE INTRODUCE THE NEW SEASON!

We will give out very nice awards! Not keeping a team score will allow athletes to compete without “team” pressure and will reward your hard working runners who have been putting in miles during the pre season months. Not keeping team scores will allow for an even playing field for large and small teams as the season begins so that nobody goes home feeling like a loser! Running a meet like this helps you “coach” your athletes! Being able to run unlimited numbers in the varsity race will help you sort out your lineup for future meets. The shorter 3,200 meter race will allow your beginning runners to gain a little confidence and will help them learn to run the race instead of just plodding it! The 3,200 meter race can also be used to get some of your “out of shapes” and “beginners” a race under their belt. Plus...where else can you find this many awards at a race!

MEET / RACE TIME SCHEDULE:

Men’s Open 5,000 Meter Run	4:00 pm
Women’s Open 5,000 Meter Run	4:35 pm
Men’s Open 3,200 Meter Run	5:05 pm
Women’s Open 3,200 Meter Run	5:30 pm
Awards Presentation to top runners	5:55 pm

RESULTS: Will be available on line minutes after the final runners finish.
Results will be posted on athletic.net and emailed to coaches.

AWARDS: ALL MEDALS ARE CUSTOM “HEAVY HARDWARE” MEDALS – THE KIDS LOVE EM!
Medals to the top 75 in both 5 K Races. Medals to the top 25 in 3,200 Meter Races
One honorary medal will be given to each team to give to the person you choose!
COACHES GIFTS TO ALL HEAD COACHES WITH A COMPLETE TEAM ENTRY.

ENTRY FEE: \$100.00 per team / per gender. (\$200 if you enter both a men’s and women’s team!)
MAKE CHECKS PAYABLE TO SALINE HIGH SCHOOL ATHLETICS.

CONTRACTS: Please complete attached contract and get it back to Meet Manager Mick – See address below.
TEAMS COMPETING WILL BE LIMITED TO THE FIRST 25 TEAMS WHO SEND IN THE CONTRACT!
Completing the contract is your commitment to paying the entry fee and attending the meet!

Send contracts and Entry Fees to:

Tom Micallef – Meet Manager

7184 Steeplechase Drive

Saline, MI 48176

QUESTIONS / CONTACTS: Mick Cell 734 – 649 – 2091 Email tommicallef@gmail.com

COURSE NOTES: This NEW Hudson Mills course is a measured, 5k course. The Park is located just off North Territorial Road between Dexter and Pinckney. It is a rolling wooded course that will produce some fast times!
Your runners can enjoy the wildlife –squirrels, rabbits, mosquitoes, and who knows what else you will see! We think this event is a great experience for runners who appreciate our sport – come out and run with us!

This will be a terrific early season Cross Country Meet!