

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

**ANN ARBOR RUNNING COMPANY**  
**FALL PREVIEW CROSS COUNTRY MEET**  
**PRESENTED BY SAUCONY**

This is the first date allowed for MHSAA Competition!

**FRIDAY, AUGUST 19, 2016**

*The meet will be run on one of the premier CC Courses in Southeast Michigan .....*

**HURON MEADOWS METROPARK!**

**FORMAT: NO TEAM SCORES – THIS IS BASICALLY 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! This race can also be used to get some of your “out of shapes” and “beginners” a race under their belt.

<b>RACE TIME SCHEDULE:</b>	<b>Men’s Open 5,000 Meter Run</b>	<b>4:00 pm</b>
	<b>Women’s Open 5,000 Meter Run</b>	<b>4:30 pm</b>
	<b>Men’s Open 3,200 Meter Run</b>	<b>5:05 pm</b>
	<b>Women’s Open 3,200 Meter Run</b>	<b>5:25 pm</b>
	<b>Awards Presentation to top runners</b>	<b>5:50 pm</b>

**RESULTS:** Will be available within minutes after each race.  
All results will be posted immediately on line and then emailed after the meet.

**AWARDS:** ALL MEDALS ARE CUSTOM “HEAVY HARDWARE” MEDALS – THE KIDS LOVE EM!  
**Medals to the top 75 in 5,000 Meter 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 AREA SCHOOLS.**

**CONTRACTS:**

A contract is attached. Please complete it and get it back to Meet Manager Mick – See address below.  
TEAMS COMPETING WILL BE LIMITED TO THE FIRST 22 TEAMS WHO SEND IN THE ATTACHED 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: Coach Mick Cell 734 – 649 – 2091 Email: [tommicallef@gmail.com](mailto:tommicallef@gmail.com)**

**COURSE NOTES:** The Huron Meadows course is fast and fun! It is a measured, 5k course located just west of US 23 (Exit 55 – Silver Lake Road) in the beautiful Huron Meadows Metropark. (Near Brighton and Whitmore Lake) It is a rolling wooded course that produces some terrific times! It is a true Cross Country course complete with hills, and trails, and other obstacles! Your runners can enjoy the wildlife – sandhill cranes, squirrels, rabbits, mosquitoes, and who knows what else you will see! We think it is a great experience for runners who appreciate the sport of Cross Country – come out and run with us! You will be happy you did! We put on good meets!