

35TH ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

Dear Coach,

July 2016

We are inviting your school to the **35TH Annual Burnt Hills Cross Country Invitational**. This year we will hold the Invitational on **Saturday, October 15, 2016**. Enclosed you will find an information sheet with all of the details. We again will be running boys' and girls' modified races. The first race goes off at **9:30 am**.

If you plan on attending, please fill out the portion below and mail it as soon as possible. We will accept the **first 75** team entries received by **Friday, September 23**. If I don't receive a completed entry form by September 23, it's not an official entry, even if you've submitted your paperwork to your AD or business office. We would appreciate it if both the boys' and girls' teams could share this entry form and information.

ROSTERS – We will be using ny.milesplit.com for collecting team rosters this year.

Please enter your team rosters with them by 11:00 pm – Monday, October 10, 2016.

We are looking forward to seeing you and your team this fall. Good luck!

Sincerely,

Joe Scalise, BH – BL Director
Physical Education/Athletics

Chip Button, Meet Director
BH – BL Boys' Cross Country Coach

Entry deadline – Entry Form with Check or Voucher – Friday, September 23, 2016

Rosters must be entered via ny.milesplit.com by 11:00 pm – Monday, October 10, 2016

Yes, we are planning on attending the 2016 Burnt Hills Invitational.

School: _____ Enrollment 10-12: _____

School Address _____

BOYS Team Varsity _____ JV _____ Frosh _____ Modified _____

BOYS Coach: _____ Email: _____

School Phone: (____) _____ Home Phone: (____) _____

GIRLS Team Varsity _____ JV _____ Frosh _____ Modified _____

GIRLS Coach: _____ Email: _____

School Phone: (____) _____ Home Phone: (____) _____

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Date: Saturday, October 15, 2016

Time: First race starts at 9:30 am

Location: Saratoga State Park, Saratoga Springs, NY

Course: Varsity / JV: 3.05 mile course
Freshmen / Modified: 1.7 mile course

Divisions: The number of entries received by September 23, 2016 and teams' enrollment (Grades 10 – 12) will be used to determine divisions. Divisions will be posted on www.bhblrunners.com during the week before the meet.

Number of Runners: Each team is permitted ten (10) Varsity runners. You must run a complete Varsity team in order to run a JV team. JV "B", Freshmen, and Modified runners are unlimited. Additional races may be added if necessary.

Awards: **Top 50 in each race (1ST – 25TH awarded large medals, 26TH – 50TH awarded small medals)**
Shirt for the winner of each race.
Winning team in each race (first 7 runners + coach) get shirts.
Top 3 teams in Varsity Races (Boys and Girls) – Trophies
Top 2 teams in JV, Freshmen, and Modified Races (Boys and Girls) – Trophies

Entry Fees: \$140 per school (for both Boys' *and* Girls' teams)
\$80 per school (if *only* a Boys' team *or* *only* a Girls' team)
\$100 per school if only competing in the Boys' and Girls' Modified races

Please mail completed Registration Form along with Check or Voucher by **Friday, September 23** to:

Burnt Hills Track Club
c/o Chip Button, Meet Director
Burnt Hills – Ballston Lake High School
88 Lake Hill Road
Burnt Hills, NY 12027

Checks are payable to: **Burnt Hills Track Club**

For additional information: Joe Scalise (Athletic Director): (518) 399-9141 (high school)

Chip Button (Meet Director): (518) 533-8845 (cell)
(518) 583-1408
email: cbutton@bhbl.org

Be sure to check www.bhblrunners.com for additional meet info as well as race results and photos

35TH ANNUAL BURNT HILLS CROSS COUNTRY INVITATIONAL

Dear Coach,

July 2016

The planning for the **35TH Annual Burnt Hills Cross Country Invitational** on **October 15, 2016** is well underway. We hope we are included in your plans again this year and you can be assured that we will do everything we can to ensure a great day of racing.

This year, the first race of the day is the girls' modified race, which will be starting at **9:30 am**. We will be awarding large medals for the first 25 finishers and small medals for the next 25 in each and every race. We will also continue to award a champion's shirt to the winner of each race, along with a team champions' shirt for members of the winning team (7) and their coach.

Since several teams are traveling some distance we have been asked for overnight recommendations. There are several hotels right in the downtown Saratoga area. Another good option would be Clifton Park, which has a large variety of hotels and restaurants and is only 20 minutes away from the park. (See below.) Please feel free to share this information with any of the runners' families who may be interested in coming to see the races. Also, below are some driving directions to Saratoga State Park for your convenience.

If you have any questions, please feel free to email us at: invy@bhblrunners.com. We look forward to seeing you this year at the Invitational!

Sincerely,

Burnt Hills Track Club

Driving Directions to Saratoga State Park:

From the South:

NY State Thruway North to Exit 24 (Albany). Get on I-87 (The Northway) headed North, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rt. 9 North and continue for approximately 2.5 miles. Pass through a traffic light with Saratoga Honda on the right. Signs for the entrance to Saratoga Spa State Park will be on your left. Turn left onto Avenue of the Pines. Follow the Avenue of the Pines through the park. Bear right at the fork. There are several areas to park.

From the West:

NY State Thruway to Exit 28, Fultonville. Head toward Johnstown and follow Rt. 29 to Saratoga Springs. Rt. 29 intersects with West Avenue. Take a right on West Ave. and follow to Rt. 50. Right onto Rte. 50, and then a left onto Avenue of the Pines. There are several areas to park.

From the North:

Take I-87 (The Northway) South to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rt. 9 North. (See directions from the south).

From the East:

Take the Mass. Turnpike to the NY State Thruway, to Exit 24, Albany. Get on I-87 (The Northway) headed North, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rte. 9 North. (See directions from the south).

Hotels in the Clifton Park / Malta Area

Clifton Park is right at Exit 9 off I-87 (The Northway). It is approximately 20 minutes to Saratoga State Park, straight up the Northway or Route 9.

Comfort Inn

41 Fire Road, Clifton Park
(518) 373-0222.

Best Western

Rte. 146 and Plank Road, Clifton Park
(518) 371-1811.

Hampton Inn

620 Plank Road, Clifton Park
(518) 373-2345.

Fairfield Inn

101 Saratoga Village Blvd., Malta, NY (exit 12)
(518) 899-6900.

Restaurants Near Motels in Clifton Park:

TGIFridays, Red Robin, Applebees, Ruby Tuesdays,
Outback, Panera, Ninety-Nine, Friendly's, Chili's.