



3rd Annual
“HOT DOG RACE & COOK OUT!”

Thursday, August 30th, 2018
Sarah Coventry/Stuart Park
(Rt. 88 South, Newark)

“A Cross Country Meet With A
Cook-Out!”

Help Your Runners *EASE* into Cross Country Season with a 2-Mile Race and a Party!

COURSE: The legendary “Sarah Coventry” course (without Death Mountain!).
The **2 mile** course has grass, trails, and hills.

RACES: Fr-Soph Girls, Fr-Soph Boys, Jr-Sr Girls, Jr-Sr Boys, Open

ORDER of RACES:

- 3:00 Course Opens
 - 4:20 Open (Age groups: Middle School, Fr-So, Jr-Sr, 19-29, 30-39, 40-49, 50-59, 60+)
 - 4:50 Fr-Soph Boys
 - 5:15 Fr-Soph Girls
 - 5:40 Jr-Sr Boys
 - 6:00 *Food Begins to be served!*
 - 6:05 Jr-Sr Girls
- Cook Out!*

PROCEDURE: We'll be using a pull-tag system. Coaches - you may prepare the tags in advance or use ours when you arrive.

AWARDS: Custom Medals to Top 12 in Scholastic Races; Top 3 in Age Groups in Open Race (**This is a minimum.** If the field is large, we'll add to the awards.)

ENTRY FEES: \$65/School (This includes coaches & runners in the open race.) Entry fee for others in the Open race is \$7.

Please make checks payable to: **Alex Eligh Community Center**

Mail to: 303 East Ave
Newark, NY 14513

NOTE: We'll have an official so that the scholastic races may count as an interscholastic meet. Athletes who have sufficient number of practices should run in those races. Late sign-ups, modifieds, & others may run in the Open race.

Coaches in the Open Race should expect embarrassing photos to be posted on social media.

QUESTIONS? – Joe Contario at coachcontario@gmail.com OR 315 521-7405

Hosted By the Newark Cross Country Team & the Alex Eligh Community Center