

37th Annual Penfield – Irondequoit Invitational

Shadow Pines Park of Penfield

600 Whalen Road

Penfield, NY 14526

Friday, October 3rd, 2025

Course Description: Now in it's 37th season, the Shadow Pines course has a challenging 3.1 Mile course that runs through the former Shadow Pines golf course. The 1.5 modified course is fairly flat and fast. This area is relatively flat and still maintained to some extent with a disc golf course layout. It features mowed fairways with some paved cart paths, open fields, and trees, making it ideal for scenic run. The course has great drainage so a rainy day still has good conditions for racing. The first gradual climb in the middle of the course that have an elevation gain of 15 feet that will be a challenge as one runs up the first rise over 300 yards at the 1.75 mile mark and then descends it through the two mile mark before again climbing about 200 yards of ten foot elevation gain. The finishing 2.4 to 3.1 is relatively flat as the course makes it way back to the finish line located by the pickleball courts.

ORDER OF EVENTS

Time	Event
4:25	Modified Girls
4:45	Modified Boys
5:10	Modified Team and Individual Awards
5:15	Varsity Girls/VB Girls
5:45	Varsity Boys/VB Boys
6:20	Varsity Awards- David Hennessey and Ray Manuszak Awards for Fastest Runner

The Winner of the Boys' and Girls' Varsity Races will receive a special award – for the boys it will be the Ray Manuszak Award named in honor of long-time former Irondequoit Cross Country Coach and Aquinas teacher, and one of the founders of the meet. For the girls it will be the David Hennessey Award named in honor of long-time former Penfield Cross Country Coach and Victor teacher, and one of the founders of the meet.

Shirts will be available.

There will be a refreshment stand and/or food trucks

IMPORTANT INFORMATION

1. Coaches should let Coach Anthony Kerr of Penfield know what races you have runners entered in so we can update Rschool for transportation and scheduling: Tkerr@penfield.edu
2. You can have unlimited entries in all other races.
2. Modified Race is 1.5 miles, Varsity races are 5000 meters
3. Entries are due no later than 8:00 p.m. on Sunday, September 28th of 2025.
4. Buses should drop off at the pickle ball/playground lot and then park in the Bay Trail Middle School parking lot that is close to the Shadow Pines Property. Overflow spectator parking may park across the street in the Bay Trail Middle School Parking lot

ENTRY FEES:

1. Maximum – \$175.00 per School
2. \$45.00 per Varsity Team
3. 40.00 per each sub varsity team
4. \$10.00 per individual

Please send checks to:

Penfield High School

c/o Anthony Kerr

25 High School Drive

Penfield, N.Y. 14526

Make checks payable to **Penfield Cross Country Boosters**

W-9 can be sent once you decide you are coming to meet