



# 3<sup>rd</sup> Annual “**Rally @ The Valley**” Marcus Whitman XC Invitational

Who: 20 Teams Maximum  
When: Saturday October 5<sup>th</sup>, 2024  
Where: Valley Elementary School  
149 Route 245, Rushville, NY 14544  
Time: 10:00am Start

## Course Description:

Now in its 6<sup>th</sup> season, The Marcus Whitman XC Course @ Valley Elementary is a challenging, spectator-friendly, 3.1 Mile course that features breathtaking views of the fall foliage of upstate NY. The uphill and downhill nature of the course has allowed for plenty of FAST TIMES for many runners! The entire 1<sup>st</sup> mile is out in the open before the runners take a left into the woods, where they will encounter a **HILL** that will knock your Aunt Connie’s socks off. The runners will then emerge downhill from the woods and loop again before coming out of the woods a 2<sup>nd</sup> time for an exciting 400m sprint to the finish line. The course is entirely on grass, with wooded trails in the woods. Spikes are recommended for all runners. We welcomed 20 teams last year in 2023 in a highly competitive meet! Come check out the Valley in 2024!

## Race Schedule:

9:00am	Course Opens: Pick up Race Packets and Tour the Course
10:00am	Boys Modified Race - 1.96 Miles (Unlimited Entries – 7 score)
10:30am	Girls Modified Race – 1.96 Miles (Unlimited Entries – 7 score)
11:00am	Boys Varsity Race – 3.1 Miles (Unlimited Entries – 7 score)
11:30am	Girls Varsity Race – 3.1 Miles (Unlimited Entries – 7 score)

Awards:

- **Team Trophy** to the overall winning team in each race (Modified & Varsity) – *Need 5 runners to score.*
- **Medals** will be awarded to the Top-10 Finishers in each Varsity Race. **Ribbons** to 11<sup>th</sup> – 30<sup>th</sup> place.
- **Ribbons** will be awarded to the Top – 20 Finishers in each Modified Race.

**“Rally @ The Valley” Invitational T-Shirts** will be on sale – CASH ONLY

Indoor Concession Stand will be available – CASH ONLY

Entry:

Email your intent to participate **ASAP** to Coach Jody McLaughlin: [jmclaughlin@mwcsd.org](mailto:jmclaughlin@mwcsd.org)

Entry is limited to just the 1<sup>st</sup> **20 TEAMS** that express interest.

The Invitational is open to all schools.

Submit entries through [yentiming.com](http://yentiming.com). **Entries Due Wednesday October 2<sup>nd</sup> at 8:00pm.**

Cost:

- \$175 per school for all Modified **and** Varsity Team entries.
- \$100 for 1 Varsity Team (B or G) **OR** Just Modified Team(s)
- \$25 for Individual Runners

Make checks payable to **“Marcus Whitman Cross Country Boosters”**

Mail form (see below) and payment to:

Marcus Whitman High School  
c/o Jody McLaughlin – Head Coach  
4100 Baldwin Road  
Rushville, NY 14544

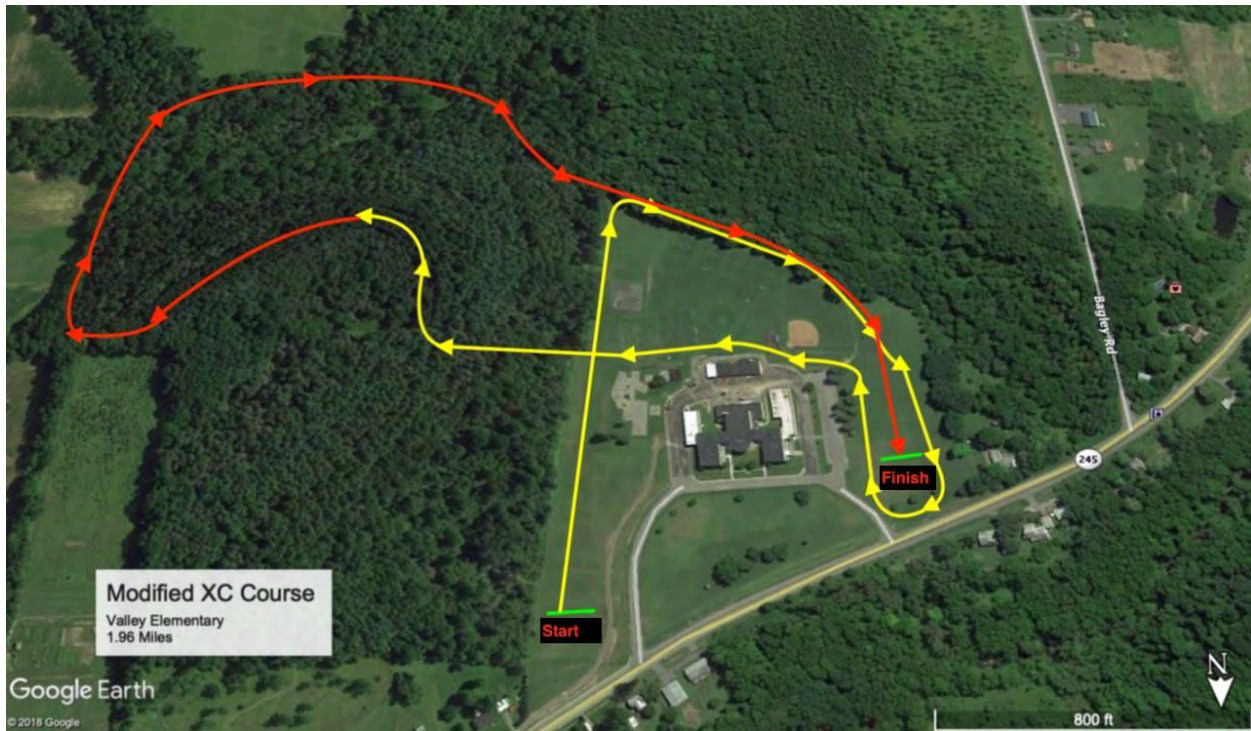
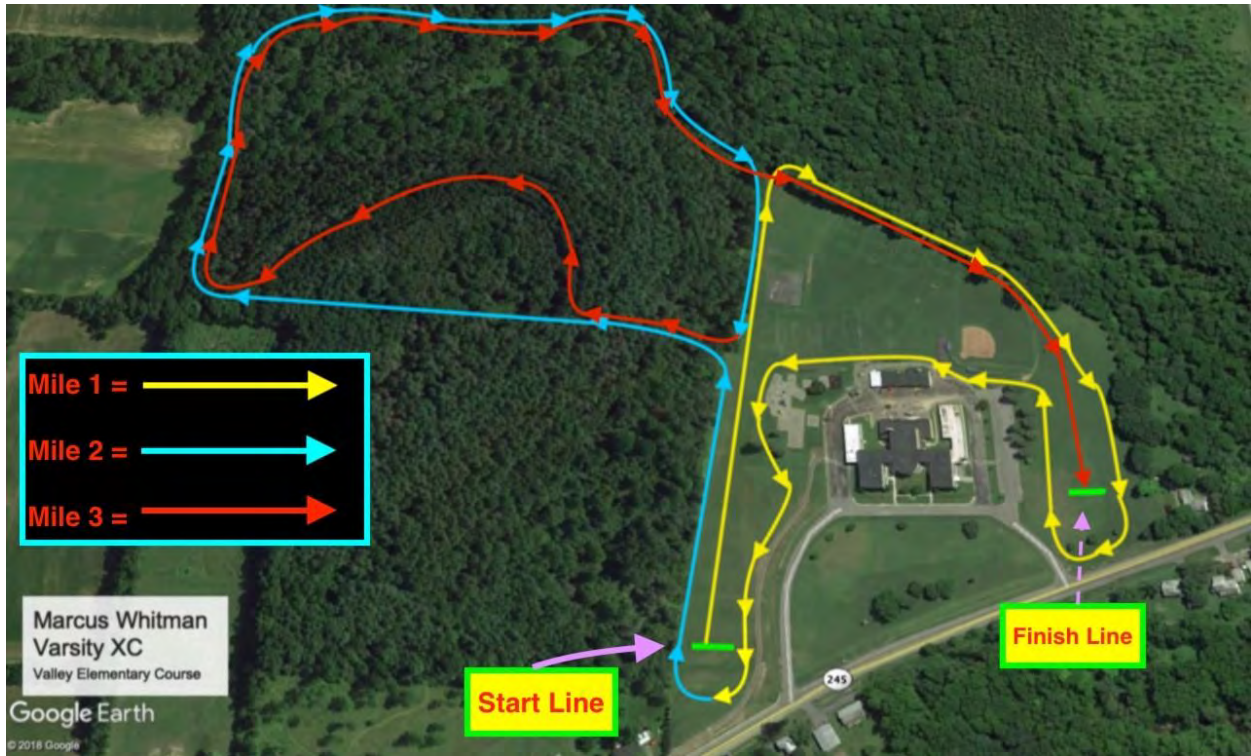
Course Records:

Varsity Boys: 16:03 – William Tempest (Pittsford Sutherland) - 2023

Varsity Girls: 20:01 – Faith Skowvron (Addison) – 2022

Course Map:

Copies will be available on Meet Day as well.



**Entry Form:** Marcus Whitman “Rally @ The Valley” XC Invitational

School Name: \_\_\_\_\_

Coach: \_\_\_\_\_

Coach email: \_\_\_\_\_

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