

RED RAIDER RUN

CROSS COUNTRY INVITATIONAL 2011

July 1, 2011

Dear Coach,

We would like to invite your team to compete in the 24th annual **RED RAIDER RUN** Cross Country Invitational on **Friday September 16, 2011.** Over the years, the meet has been highly successful, and we will make every effort to make this year's meet even better for your team. ***We will again be using computerized scoring this year.*** To accomplish this, each school must **submit a typed team roster with your entry.**

The Jewish Holidays are **NOT** an issue for our meet this year, therefore, we have gone back to a 1st race starting time of 4:00pm.

Anthony Wayne State Park is the site of our meet. The courses at A. Wayne are challenging and fair. The 5000m course features a wide starting line with a 700m run before the runners make any sharp turns. The course runs through picnic groves and cross country ski trails. You can see the entire last ½ mile of the race from the finish line.

There is also a 1.5 mile course for the freshman races.

We want your team in our meet! The Park is located 35 miles north of New York City, directly on the Palisades Parkway. All Teams competing in the meet will receive bus permits to use the Palisades Parkway for the day of the meet.

Sincerely,

Gene Dall

P.S. for more info call Gene Dall Home: (845) 786 5485 e-mail: genedall@optonline.net
Cell: (914) 393 4901 Fax 845 942 5182

MAKE SURE YOU RETURN YOUR BUS PERMIT APPLICATION WITH YOUR ENTRY

PLEASE INCLUDE A TYPED TEAM ROSTER WITH YOUR ENTRY

ENTRIES MUST BE IN OUR HANDS BY
SATURDAY SEPT. 3rd

NOTES FOR COACHES:

1. **YOU MUST START A COMPLETE VARSITY TEAM (5), IN ORDER TO ENTER A TEAM IN A JV RACE.**
2. **Red Raider Run** Tee Shirts will be on sale at the snack stand.
3. Juice, Gatorade, water & food will be on sale at the snack stand.
4. Individual medals will be given out at the **END OF THE CHUTE**
5. **INDIVIDUAL AWARDS:** Medals to the **top 20 in each race.**
6. **TEAM AWARDS:**
 - Medals to the top 3 teams in each varsity race
 - Medals to the top 2 teams in each JV & freshman race
 - Plaques to the top 2 teams in each varsity race
 - Plaques to the top team in each JV & freshman race
7. **SCORING:**

Each athlete will wear their assigned # during the race – **ON THEIR CHEST**

After the race, when the athletes enter the chute, they will tear off the bottom of their # containing the bar code sticker and hand it to the official collecting the strip that has the sticker on it.

THAT'S IT – NO CARDS TO TURN IN, NO SCORES TO ADD UP

Results should be posted within 15 minutes of the end of the race!

COURSE & MEET RECORDS:

5000m Boys:	15:27.5	Michael Fitzula	Cornwall NY.	1995
5000m Girls:	18:36.1	Lisa Hennings	Pine Bush NY.	1994
1.5 miles Boys:	7:54.8	Dan Muhleman	Middle Country	1995
1.5 miles Girls:	9:17.0	Michelle Wale	Pine Bush NY.	1997

RACE SCHEDULE: PARK OPENS FOR INSPECTION @ 1:00pm

4:00pm	Girls Freshman Race	1.5 miles
4:15pm	Boys Freshman Race	1.5 miles
4:30pm.	Girls Varsity Race #1	5000m
4:50pm.	Girls Varsity Race #2	5000m
5:10pm.	Boys Varsity Race #1	5000m
5:30pm.	Boys Varsity Race #2	5000m
5:50pm.	Girls JV Race	5000m
6:10pm.	Boys JV Race	5000m

RACES WILL BE ADDED OR DELETED AS NEEDED

RACES WILL BE SET UP AT RANDOM

MAKE SURE YOU POST YOUR BUS PERMIT ON YOUR BUS WINDOW

Directions to A. Wayne Park: Take the Palisades Parkway to exit 17, the start & finish lines are located just inside the park entrance at the main parking lot.

RED RAIDER RUN ENTRY FORM 2011

School _____
Street: _____ City: _____ State _____
Zip Code: _____

Boys Coach: _____ Home Phone: _____
Street: _____ e-mail: _____
City: _____ State _____ zip Code: _____

Girls Coach: _____ Home Phone: _____
Street: _____ e-mail: _____
City: _____ State _____ zip Code: _____

YOU MUST RUN A COMPLETE VARSITY TEAM (5) IN ORDER TO ENTER A TEAM IN A JV RACE

Enter as many teams as you want in the Fr. & JV races.

*Only **7 athletes** per team please.*

Only 1 Varsity Boys & 1 Varsity Girls team may be entered

Boys Freshman Race	_____	@ \$35.00	=	_____
Boys JV Race	_____	@ \$40.00	=	_____
Boys Varsity Race (1 team)	_____	@ \$45.00	=	_____
Girls Freshman Race	_____	@ \$35.00	=	_____
Girls JV Race	_____	@ \$40.00	=	_____
Girls Varsity Race (1 team)	_____	@ \$45.00	=	_____
		TOTAL	=	_____

Please make checks payable to & send to: **Red Raider Track Club**
6 Deer Run
Tomkins Cove, NY.
10986

E-Mail - genedall@optonline.net

FAX # 845 942 5182

Remember to include your bus permit form with your entry
TYPED TEAM ROSTER MUST ACCOMPANY ENTRY

ENTRIES MUST BE IN OUR HANDS BY:
SATURDAY SEPT. 3rd

PALISADES INTERSTATE PARK COMMISSION BUS PERMIT APPLICATION

PLEASE TYPE OR PRINT and FILL OUT COMPLETELY (incomplete applications may be cause for rejection)

LOCATION OF OUTING: Anthony Wayne
OUTING INFORMATION

DATE OF OUTING: **9/16/11 - RED RAIDER RUN CROSS COUNTRY INVITATIONAL**

Arriving @ _____ Leaving @ _____ PM

OF BUSES _____ # of Adults (minimum age of 18) _____ # of Children _____

Name of Bus Company _____

Bus Co. Phone# _____

NAME OF ORGANIZATION _____

Address _____ City _____ State _____ zip _____

Organization phone #: _____

PERSON-IN-CHARGE _____ Phone # (_____) _____

I certify that I have read, understand, and will comply with the enclosed information, conditions, and requirements.

Authorized Signature _____ Date _____

NOTE: Buses must travel only in the right hand lane of the Palisades Interstate Parkway and must keep to the posted speed limit. The permit must be displayed on the right side of the windshield. The bus ticket must remain attached to the permit until the bus leaves all state lands. Park rules and regulations prohibit the bringing of alcoholic beverages into state parks.
RETURN THIS FORM IMMEDIATELY ALONG WITH YOUR ENTRY, COMPLETED PERMIT WILL BE MAILED BACK TO YOU