

CROSS COUNTRY REGIONALS / Division 2 – Regional 12
SATURDAY, OCTOBER 31st, 2009
Christian Reformed Recreation Center / Fellowship Greens

The bus will leave at 9:00am! We will get picked up in front of the Jimmy Gerken Plaza. ***Before departing we need to give Jimmy a high-five together before getting on the bus for good luck!***

Regional Race - 11:00 a.m. Box Assignment - #1	Runners:	Lauren Grunewald Brianna Clifford Kassidy Clark Jill McLain	Katie Samuelson Kathleen Stubbs Jessie Baloga Alternate: Nicole Dear
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Reserve Race – 4:15 p.m. Riverside Park – We will meet At 2:45pm in front of the school. We Will be taking a school van and will need and additional driver or two. All runners are expected to attend.	Runners:	Nicole Dear Anna Jane Ward Maddie Vaughn	Taylor Gruner Scotland Gourley Kellee Flemming
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Arrival Home: 1:15 p.m from Christian Rec. Center / 5:30 p.m from Riverside Park

Teams attending: #2 GR Christian, Byron Center, Comstock Park, Coopersville, GR Catholic Central, GR Creston, GR Northview, GR Union, GR West Catholic, Holland Christian, Hudsonville-Unity Christian, Spring Lake, Wyoming Park, Wyoming-Rogers, Zeeland East, Zeeland West

Things to bring: All equipment, pillow, blanket, extra socks, snacks / lunch, money for food (optional). They will have a concession stand and t-shirts (\$15.00) for sale.

Cost: \$5.00 per person / \$2.00 parking. Animals are not permitted at MHSAA Regional or Finals Sites.

Pack your bag tonight so you won't forget anything. It will be rainy and miserable tonight at the football game. Ideally, we would like you to stay home and relax. But, if you go, **BUNDLE UP** and be sure to sit and relax while watching the game. No need to stay for the entire game – get home!! Go to bed early and follow the same routine you've done all season long. Make sure get you up and start with a good breakfast – this is not the time to try new foods. **Same routine.**

Tomorrow's weather forecast is rainy and breezy with a temperature of 45 degrees. As always, in this environment we need to have the appropriate clothes and items to make you comfortable and prepared for your race. Pack the extra gear because we want to be warmed up properly when we line up. Extra shoes will be important as we walk the course. Our warm-ups aren't water resistant so bring some raingear to keep you dry. Extra socks and shoes, towel, and a change of clothes afterward might be necessary. **Don't forget – solid navy apparel for anything under your uniform during race time.**

Runners are expected to travel on the team bus there and back. I'll have my cell phone (299-9706) during the day in case a parent or runner needs to get hold of someone.

Directions:

Christian Reformed Recreation Center
3450 36th Street, Grand Rapids, MI

South on East Beltline past 28th Street
West/Right on 36th Street
Recreation Center is located on left
Spectator Parking is available on right off 36th Street – across from Rec. Center

Christian Reformed Recreation Center Course Records

Senior Record	2000	Katie Smith	22:15
Junior Record	2000	Kim Humphries	20:44
Sophomore Record	2007	Kathleen Stubbs	20:08
Freshman Record	2007	Jill McLain	21:02