

## SPARTA INVITATIONAL SEPTEMBER 19<sup>th</sup> 2009

The bus will leave at 6:45am at the Jimmy Gerken Plaza. It will LEAVE at this time – so it doesn't mean loading time. Please arrive earlier to get comfortable on the bus.

### **Varsity Race (Gold Division / Box 9) – 8:35 am**

Varsity Runners:       Nicole Dear  
                              Scotland Gourley  
                              Anna Jane Ward  
                              Susan Hoffman  
                              Taylor Gruner  
                              Kellee Flemming  
                              Skye Roberts

### **Reserve Race (White, Gold, Silver Division) – 10:25 am**

Reserve Runners:       The remainder of the team

Teams in our division: GR Christian, Ionia, Fruitport, Byron Center, Spring Lake, Sparta, Cedar Springs, Union, Northview, Cadillac

Things to bring: All equipment, pillow, blanket, extra socks, snacks / lunch, money for food (optional). There will be a concession stand and t-shirts for sale if you're interested.

**Arrival Home: 12:30pm ????????**

**Pack your bag tonight so you won't need to in the morning. If you're going to the football game dress warm and be sure to go home and go to bed – don't underestimate a good night's sleep. There are points awarded for the top 10 girls on the team today – a great motivating factor for those of you working on your varsity letter. In the morning for both races it's going to be chilly and ideal running conditions. Get ready for an exciting day!!!!**

**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 contact someone.**

### *Directions:*

*196 West to Alpine Avenue North Exit  
Go North on Alpine past 10 mile Road  
Veer to the right at Sparta Avenue  
Take Sparta Avenue into Sparta, MI  
Just past the Burger King on your right is the entrance to the Middle School.*

### **Sparta MS Course Records**

Senior Record	2004	Laura Malnor	18.18
Junior Record	2003	Laura Malnor	18:25
Sophomore Record	2002	Laura Malnor	18.15
Freshman Record	2003	Nikki Brown	19:22

**"Satisfaction does not come with achievement, but with effort. Full effort is full victory."  
Gandhi**