

TK Cross Country Invitational

Monday, September 14th 2009

You will be excused at 2:15pm on Monday. The bus will leave at 2:25pm outside the Jimmy Gerken Plaza. Please, please – get to the bus on time!

Varsity Race (Thornapple Division) – 4:00pm

EGR Runners: All runners on the team run at the same time

Teams in our division: Lowell, Caledonia, Wayland, Byron Center, Middleville, Rogers, Hastings

Things to bring: A temperature of 77 degrees and partly cloudy is forecasted for Monday. It may get a little warm but it should be a dry course for great racing conditions. Be sure to pack all equipment (double check that you have your uniform), pillow, blanket, extra socks, snacks / lunch, money for food or a t-shirt (optional).

Arrival Home: 6:15pm ?????? Unless we get lost – which has happened two straight years :)

Directions: South on E. Beltline Ave for 20 miles, Right on Yankee Springs Rd for 3 miles, Right on Chief Noonday Road / MI-179 / CR-A42 for 4 miles, Left on Gun Lake Rd / County Hwy 430 for 1 mile. Address for Yankee Springs Recreation Area, 2104 S. Briggs Road, Middleville, MI 49333

VERY IMPORTANT FOR PARENTS: This year the State Park will be checking for vehicle passes. Due to their budget cuts they can no longer allow unrestricted access. Please be aware that if you don't have a vehicle annual pass, they will need to purchase a day pass to enter the park.

Gun Lake State Park Course Records

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| Senior Record | 2003 | Mary Thomson | 19.45 |
| Junior Record | 2003 | Laura Malnor | 18.18 |
| Sophomore Record | 2002 | Laura Malnor | 18.29 |
| Freshman Record | 2003 | Nikki Brown | 18.55 |

I'm excited about the race format once again which allows us all together at the same time! You'll have each one of your teammates for support to push you to fast times. As we've said already this is one of the most scenic courses with Gun Lake surrounding you every step of the way. This course has long and straight paths with very few turns to allow for a good rhythm and tempo. But, just like any other course – you will need to work hard mentally and physically for a PR – it doesn't just happen magically :)

Be sure to go out for a light run on Sunday, stretch, plyo's and a couple of pick-ups. One of the worst things you can do is absolutely nothing the day before a race. Let's make sure we're fully prepared for this great opportunity on Monday