



# “Rally @ The Valley”

## Marcus Whitman XC Invitational

Who: 12 Teams  
When: Saturday October 8<sup>th</sup>, 2022  
Where: Valley Elementary School  
149 Route 245, Rushville, NY 14544  
Time: 10:00am Start

### **Course Description:**

Now in it's 4<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 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.

### **Race Schedule:**

9:00am	Course Opens: Pick up Race Packets and Tour the Course
10:00am	Boys Modified Race - 1.96 Miles (Unlimited Entries)
10:30am	Girls Modified Race – 1.96 Miles (Unlimited Entries)
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
- **Medals** will be awarded to the Top-10 Finishers in each Varsity Race
- **Ribbons** will be awarded to the Top – 20 Finishers in each Modified Race.

**“Rally @ The Valley” Invitational T-Shirts will be on sale.**

**Concession Stand will be available, with Chicken BBQ.**

**Entry:**

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

As this is our 1<sup>st</sup> year, we are limiting entry to just the 1<sup>st</sup> **12 TEAMS** that express interest.

We are hoping to attract some **Class C and Class D** schools.

Submit entries through [yentiming.com](http://yentiming.com). **Entries Due Wednesday October 5<sup>th</sup> at 8:00pm.**

**Cost:**

\$150 per school.

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

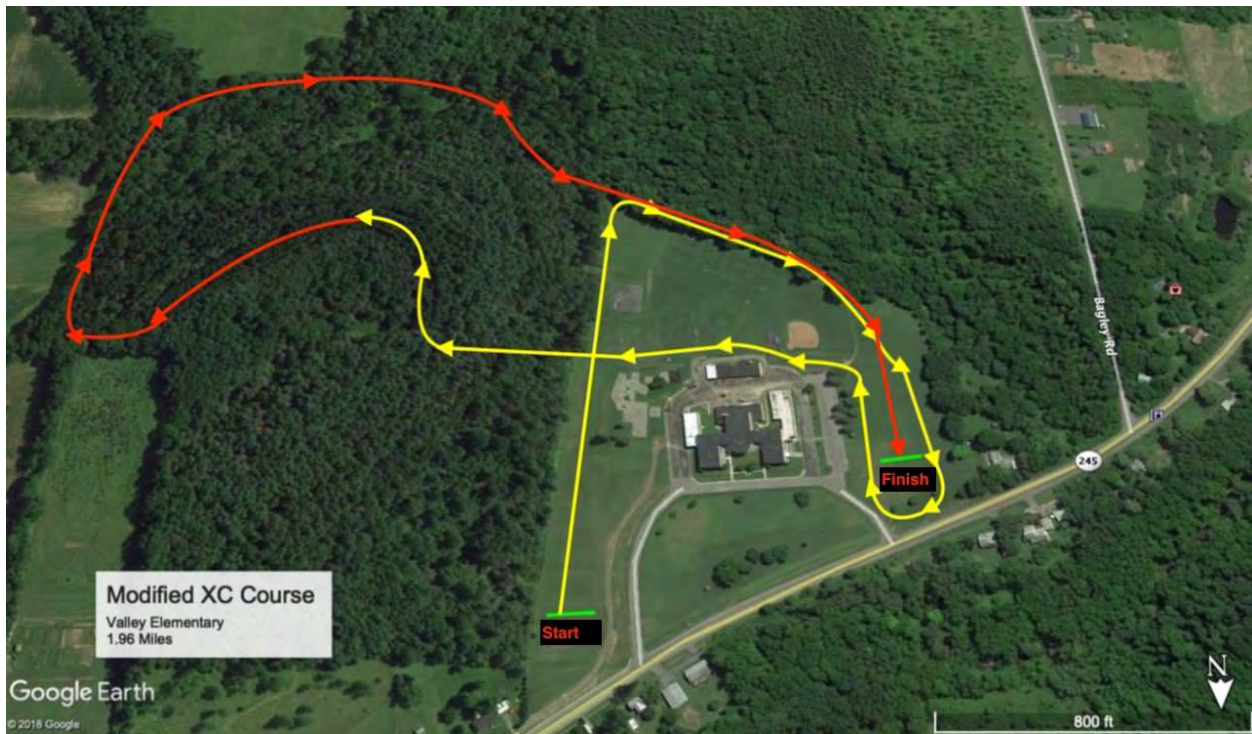
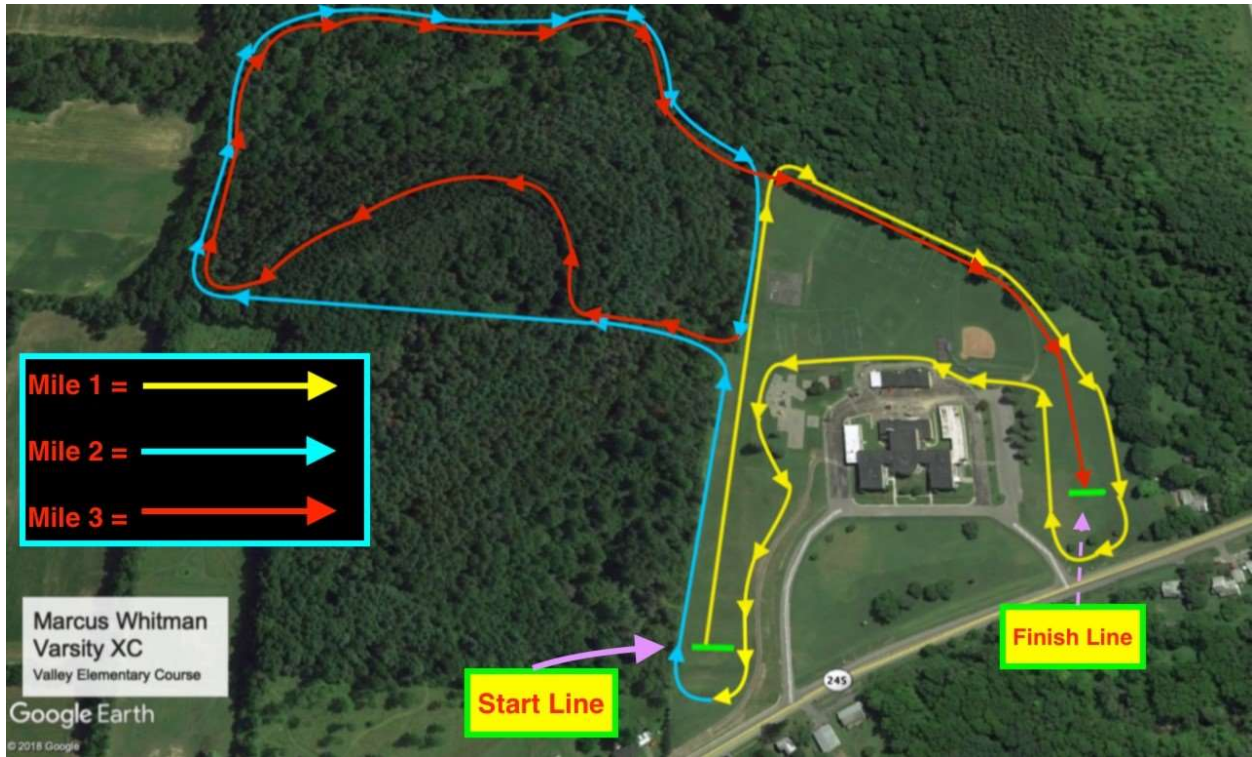
Mail form (see below) and payment to:

Marcus Whitman High School  
c/o Paul Lahue  
4100 Baldwin Road  
Rushville, NY 14544

**Course Map:**

See Next Page for Varsity & Modified Maps.

Copies will available on Meet Day as well.



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

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

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

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

Cost: \$150 per school

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