

**NEW YORK STATE FEDERATION BOYS & GIRLS
CROSS COUNTRY CHAMPIONSHIPS
SATURDAY NOVEMBER 21, 2009**

Confirming the highlights of this year's upcoming championships. The course at Bowdoin Park is maintained on a daily basis. Heavy rains this year have effected the course, but it is still in good shape and will be for our championship meet. Our staff will be on duty at the park on Friday Nov. 20th for teams to practice. Tee shirts, programs, packet pickup, and other business can be transacted. The park closed at dusk.

This year we again are using the Holiday Inn and Conference Center in Fishkill as our Headquarters hotel. The rate is \$89 per room, a great rate for a first class hotel. Rooms are going fast. Overflow rooms will be booked in the Hampton Inn located just behind the Holiday Inn, same site. We have a full dinner on Friday evening at 6 PM in a large room. The cost of the dinner is \$16, a full course chicken francese meal. This is an inclusive price for our group. We already have over 90 people signed up for this dinner.

We have two guest speakers, a running author and observer, and a well know successful coach. We will also have packet pickup, tee shirt and program sales at this function. A great setup for coaches and athletes. To sign up for the dinner, call the hotel and sign up – must provide a credit card for dinner payment. Limited seats (dinners) will be sold at the door. Parents can also take part in this dinner providing they meet the time and payment obligations. It is best to call the hotel directly rather than use the 800 number. Use 845 896 6281-make sure you mention the Federation Meet to get the rate and sign up for the dinner.

For breakfast, the hotel has a special hot breakfast for \$10 all inclusive. This also must be paid for and requires advance notice (up to Wednesday before the meet.) They also have a cold breakfast for \$8, and a grab and go breakfast (bagged, a drink, breads or muffins, etc. for \$5.

All the meals require notification to the hotel by Wed. Nov. 18th before the meet. The hotel is 8 miles from the course, is located at the intersection of US 84 and Rt 9 in Fishkill. Again this year we are charging admission to this event. It is \$5 per car. School buses and vans will be sent to suitable parking locations. Softened grounds make parking a little harder this year – but we can accommodate all spectators. Please have exact change available to facilitate parking. Packet pickup, program and tee sales, and a food vendor is on site Saturday starting at 9 AM, the official time for the park opening.

Call Bob Baratta, the Tournament and Meet Director for further info. Cell is 516 4491886. The Federation and the Federation Committee wish all a rewarding experience. Good luck to all qualifiers.

Comm: Bob Baratta, Louis Vasquez, George Calano, Dwayne Burnett, Chuck Wiltse, Marbry Gansle