

The Syracuse Track Club

Presents

The 2009 George Constantino Summer Series

The Santaro X-C "4-3-2-1"

Tuesday, September 1, 2009

Santaro Park, Velasko Road

The Santaro X-C "4-3-2-1" proved to be such a successful addition to the Constantino Summer Series in 2007, The Syracuse Track Club, along with the cross country teams from Bishop Grimes-Ludden and Westhill, has added this event to our regular Summer Series. The "4-3-2-1" is a series of five (5) races, all of which are run on the trails surrounding Santaro Park in the Town of Onondaga. **Participants can choose to run in one or any/all of the races.**

As with all of the events in the Constantino Series, there will be:

NO entry fee
NO awards
NO t-shirts

This is an old time, bare bones event. Just come, run and have fun. **Of course, donations to the George Constantino Scholarship Fund will be gratefully accepted.**

Schedule:

6:00pm	3000m
6:25pm	2000m
6:50pm	1000m
7:10pm	500m (Kids Run for 10 years and under)
7:30pm	4000m