

2010 Demon Cross Country Meet - Glenwood Springs, CO

Saturday, September 25th

Course: The course is almost completely grass. The course is two loops and is super spectator friendly as well wonderfully scenic. The middle school course will be one big loop and one smaller loop.

Please note: No team camps on the soccer fields. No dogs allowed on campus.

Location: Colorado Mountain College Spring Valley campus. The address is 3000 County Road 114, Glenwood Springs, CO 81601

Directions from Glenwood: From the stoplight by McDonald's, Wal-Mart, etc, travel 5 miles south on Highway 82, towards Carbondale. Take a left at the stoplight by Thunder River Market and go uphill on County Road 114/Spring Valley Road for 2.6 miles. Go to the second entrance for campus and park in the paved bus parking area on the right. Spectators can park there or in the dirt lot on the left.

Directions from Carbondale: From the intersection of Highways 133 and 82, travel 5 miles north on Highway 82 and take a right at the stoplight by Thunder River Market and go uphill on County Road 114/Spring Valley Road for 2.6 miles. Go to the second entrance for campus and park in the paved bus parking area on the right.

Race Schedule:

Open Race	8:30 A.M.
Middle School Race – ~2 miles	9:00 A.M.
Girls JV Race – 5K	9:30 A.M.
Boys JV Race – 5K	10:10 A.M.
Girls Varsity – 5K	10:50 A.M.
Boys Varsity – 5K	11:30 A.M.

The **Open Race** is \$15 or \$5 for coaches/H.S. athletes.

Scoring Criteria:

JV Races have unlimited runners and score top 5.

Varsity Races are limited to 7 runners and score top 5.

Awards ceremony following the races (ASAP). Trophies for the top three teams in the varsity races only. Medals for 1st through 3rd in varsity races. Ribbons for 1st through 10th in junior varsity races.

Entry Fee: \$50 for boys and girls team (\$40 for a single gender team) or \$5 per athlete for smaller teams. If you have any questions, please contact Coach Mike Schneiter at 970-309-4795 or mschneiter@rfsd.k12.co.us. See you there!

