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## PLEASE COME TO THE 2010 HORIZON RUNNER'S ROOST INVITATIONAL!

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We hope you can join us at our meet where your athletes can run in the largest single cross country races – and probably the wettest - in Colorado. This perennial favorite has been created to provide a fun meet in which schools like yours and ours can compete for awards and recognition on a varied and interesting course that includes a gully, a very entertaining water jump, dirt, weeds, more water crossings, and ravenous sharks, whales, lobsters, piranhas, and gators. Our emphasis is to give back to the runners, so we will have team plaques, medals, and lots of ribbons (supplied by Runners Roost), giveaways from Brooks Running, and food! "Creek Critter"-themed meet T-shirts will again be available. **Once again, we will have a coaches/citizens race (free for coaches), so get yourself in shape and challenge the creek!**



Schools that have participated in recent years include:

### High schools

The Academy  
Abraham Lincoln  
Alexander Dawson  
Arvada West  
Berthoud  
Bishop Machebeuf  
Broomfield  
Brighton  
Brush  
Cheyenne Mountain  
Clear Creek  
Colorado Academy  
Denver Academy  
Denver Sci. & Tech  
D'Evelyn  
Englewood  
Estes Park  
Evergreen  
Faith Christian  
Fort Lupton  
Fountain Valley  
Frederick  
Front Range Christian  
Golden  
Hinkley  
Holy Family  
Horizon

### High schools

Jefferson Academy  
J.F. Kennedy  
Kent Denver  
Lakewood  
Martin Luther King  
Mountain Range  
Mountain Vista  
Nederland  
New Directions  
Peak to Peak Charter  
Platte Canyon  
Prairie View  
Ralston Valley  
Ridgeview Academy  
Rock Canyon  
Rocky Mountain  
Roosevelt  
St. Mary's Academy  
Sheridan  
Skyview  
Standley Lake  
Sterling  
Summit  
University  
Valley  
Westminster  
Wheat Ridge

### Middle schools

The Academy  
Alexander Dawson  
Boulder Country Day  
Brighton  
Brush  
Challenge to Excellence  
Clear Creek  
Colorado Academy  
Denver Academy  
Denver Christian  
D'Evelyn  
Elizabeth  
Englewood  
Estes Park  
Fitzsimons  
Gethsemane  
Holy Family  
Kent Denver  
Legacy Academy  
Littleton Academy  
Milliken

### Middle schools

Monument Academy  
Most Precious Blood  
Nederland  
Peak to Peak Charter  
Peace with Christ  
Prairie View  
Rocky Mtn. Classical  
Rocky Mtn. Exped'ary  
St. James  
St. Mary's Academy  
St. Vincent de Paul  
Sheridan  
Shining Mtn. Waldorf  
Stanley British Primary  
Summit  
Summit Ridge  
Turner  
University  
Valley  
Wheat Ridge

## DATE AND LOCATION

Tuesday, September 28. ADDENBROOKE PARK is located between Garrison and Kipling Streets, and Alameda and Mississippi Avenues, in Lakewood.

## SCHEDULE

3:30 P.M. H.S. BOYS  
4:05 P.M. H.S. GIRLS  
4:50 P.M. JR. HIGH BOYS  
5:00 P.M. JR. HIGH GIRLS  
5:30 P.M. COACH'S/  
CITIZENS RACE  
5:35 P.M. AWARDS

### **HIGH SCHOOL COURSE RECORDS:**

AMOS BOWEN, BRUSH – 16:30 (2009)

KRISTEN McGLYNN, PLATTE CANYON – 19:49 (2005)

### **JR. HIGH COURSE RECORDS:**

BRET SCHOOLMEESTER, DVR. CHRISTIAN – 9:25 (1997)

LINDSEY KROONENBERG, DVR. CHRISTIAN – 10:43 (1997)

## MORE AWARDS!

First-to-fifth place medals plus individual ribbons to top 30 finishers in each varsity race. Team plaque to top three teams in each varsity and jr. high race. Team ribbons to top 10 varsity teams. All junior high finishers will receive a ribbon!

## TEAM COMPOSITION AND SCORING

Teams may have unlimited entries, with the top four finishers used for scoring; in case of ties, fifth place finishers will be used. There are not separate varsity and JV races.

## COURSE

The 5K high school course includes dirt trails, pavement (less than 25 percent of the course), grass, four water crossings, and of course, the infamous, crocodile-inhabited water jump. The course is mostly flat, but soft dirt and fun obstacles don't make it super fast. It will be marked with cones and construction flags, and course marshals will direct runners at critical points. The jr. high course is 1.7 miles and includes three water crossings and the jump.

## POST-RACE

Free refreshments, including Gatorade, water, bananas, and candy will be available at the pavilion.

**Entry fee:** \$130 (includes both high school and middle school), or \$85 if only entering a middle school team. If you have 10 or fewer high school runners or six or fewer junior high runners, the entry fee is just \$12 per runner. Coaches may run for free in the coaches'/citizens race. Please make checks to payable to Horizon High School, 5321 East 136<sup>th</sup> Avenue, Thornton CO 80602

For information, call me at 303-477-2236 (home) or e-mail [silly\\_billy@msn.com](mailto:silly_billy@msn.com)

PLEASE CONTACT ME BY SEPTEMBER 14 IF YOU PLAN TO ATTEND... THANKS!

Best regards,

Bill Stahl  
Meet Director