



SATURDAY 9/9/17

EAST ROCHESTER XC

2 X 4 RELAYS (4 RUNNERS, 2 MILES EACH)

Location: East Rochester High School
200 Woodbine Ave.
East Rochester, NY 14445

Event: Teams of 4 runners will run a 1.0-mile course on ER campus ([map](#))
handing off to each other until they **each run 2 laps** (8 miles total).
1 mile – hand off, 1 mile - hand off, 1 mile – hand off, 1 mile – hand off : Repeat

Course: A 1.0-mile course with two small, yet challenging hills.

The Races: Relay Teams:

Girls teams race first then boys:
Each relay race should take no longer than 90 minutes
Enter as many 4-person teams as you like.
Anchor runners will be wearing a pull tag
Team names encouraged, be creative. i.e.: "Running on Empty"
Sweat band wrist bands will be provided for hand off batons

Single Race:

For Incomplete teams (less than 4) and individual runners:
Race afterwards for 2 laps = 2 miles.
Boys and girls run separately: About 25 - 30 minutes per race

Entries: Complete [entry form spreadsheet](#) with:
School, Relay name, 4 participants, B or G,
or individual name for Single Race

Entry Fee: \$50 per School. **Make Checks payable to:**
James Bathgate
Send Entry and Payment to:
James Bathgate – ERXC Coach
19 Kimberly Road
Pittsford, NY 14534

Entries and Fees due by Thursday 9/7/2017

Awards: Top 3 relay teams B&G, top 5 in individuals' races B&G

A portion of your entry fee will be donated on behalf of the WF-L XC League to the recipient of the annual *Scare Brain Cancer Away 5K* being held in East Rochester on **October 16, 2017**

Race Schedule

8:00 am packet pick up & tour course
9:00 am Girls Relay
10:30 am Boys Relay
12:00 pm Girls individuals
12:30 pm Boys individuals
1:15 pm awards

**Competitive, Low Key
and FUN!**

EMAIL ENTRIES TO
coachbathgate@gmail.com

585-248-9178 (H)