



3rd Annual “Rally @ The Valley” Marcus Whitman XC Invitational

Who: **20 Teams Maximum**
When: Saturday October 5th, 2024
Where: Valley Elementary School
 149 Route 245, Rushville, NY 14544
Time: 10:00am Start

Course Description:

Now in it's 6th season, The Marcus Whitman XC Course @ Valley Elementary is a challenging, spectator-friendly, 3.1 Mile course that features breathtaking views of the fall foliage of upstate NY. The uphill and downhill nature of the course has allowed for plenty of FAST TIMES for many runners! The entire 1st mile is out in the open before the runners take a left into the woods, where they will encounter a **HILL** that will knock your Aunt Connie's socks off. The runners will then emerge downhill from the woods and loop again before coming out of the woods a 2nd time for an exciting 400m sprint to the finish line. The course is entirely on grass, with wooded trails in the woods. Spikes are recommended for all runners. We welcomed 20 teams last year in 2023 in a highly competitive meet! Come check out the Valley in 2024!

Race Schedule:

| | |
|---------|--|
| 9:00am | Course Opens: Pick up Race Packets and Tour the Course |
| 10:00am | Boys Modified Race - 1.96 Miles (Unlimited Entries – 7 score) |
| 10:30am | Girls Modified Race – 1.96 Miles (Unlimited Entries – 7 score) |
| 11:00am | Boys Varsity Race – 3.1 Miles (Unlimited Entries – 7 score) |
| 11:30am | Girls Varsity Race – 3.1 Miles (Unlimited Entries – 7 score) |

Awards:

- **Team Trophy** to the overall winning team in each race (Modified & Varsity) – *Need 5 runners to score.*
- **Medals** will be awarded to the Top-10 Finishers in each Varsity Race. **Ribbons** to 11th – 30th place.
- **Ribbons** will be awarded to the Top – 20 Finishers in each Modified Race.

“Rally @ The Valley” Invitational T-Shirts will be on sale – CASH ONLY

Indoor Concession Stand will be available – CASH ONLY

Entry:

Email your intent to participate **ASAP** to Coach Jody McLaughlin: jmclaughlin@mwcsd.org

Entry is limited to just the 1st **20 TEAMS** that express interest.

The Invitational is open to all schools.

Submit entries through yentiming.com. **Entries Due Wednesday October 2nd at 8:00pm.**

Cost:

- \$175 per school for all Modified **and** Varsity Team entries.
- \$100 for 1 Varsity Team (B or G) **OR** Just Modified Team(s)
- \$25 for Individual Runners

Make checks payable to ***“Marcus Whitman Cross Country Boosters”***

Mail form (see below) and payment to:

Marcus Whitman High School
c/o Jody McLaughlin – Head Coach
4100 Baldwin Road
Rushville, NY 14544

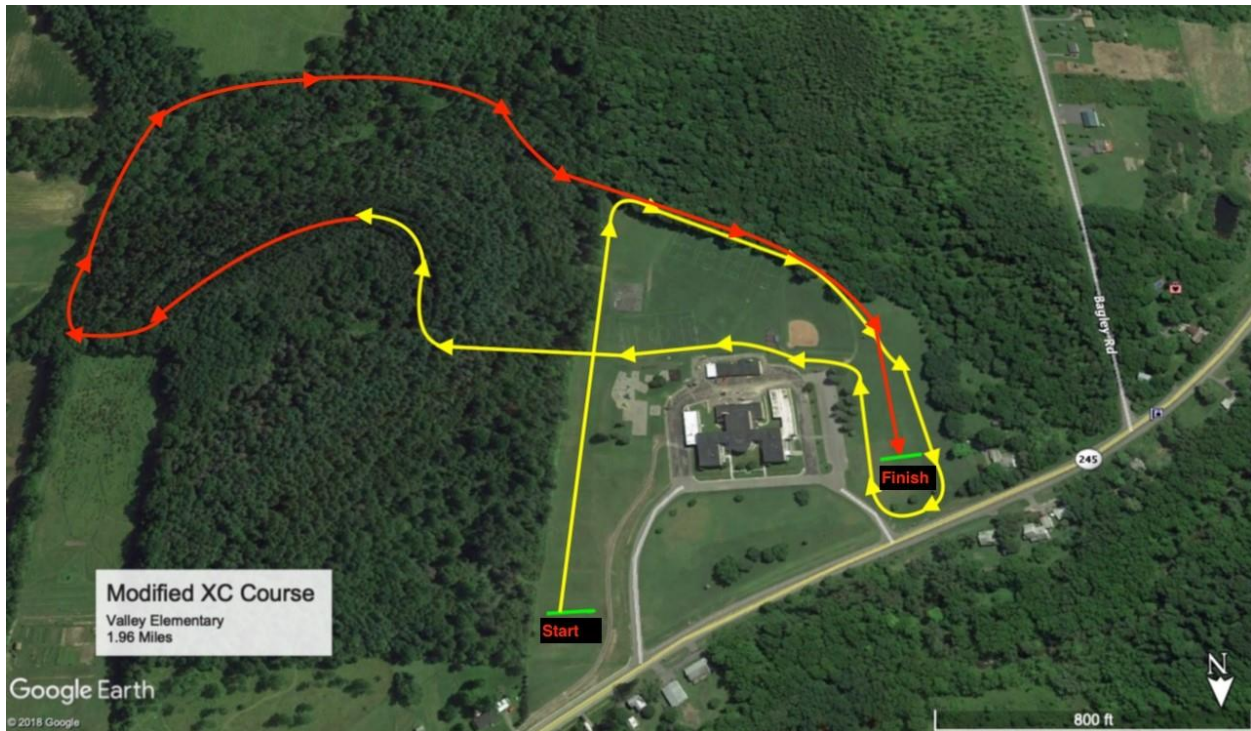
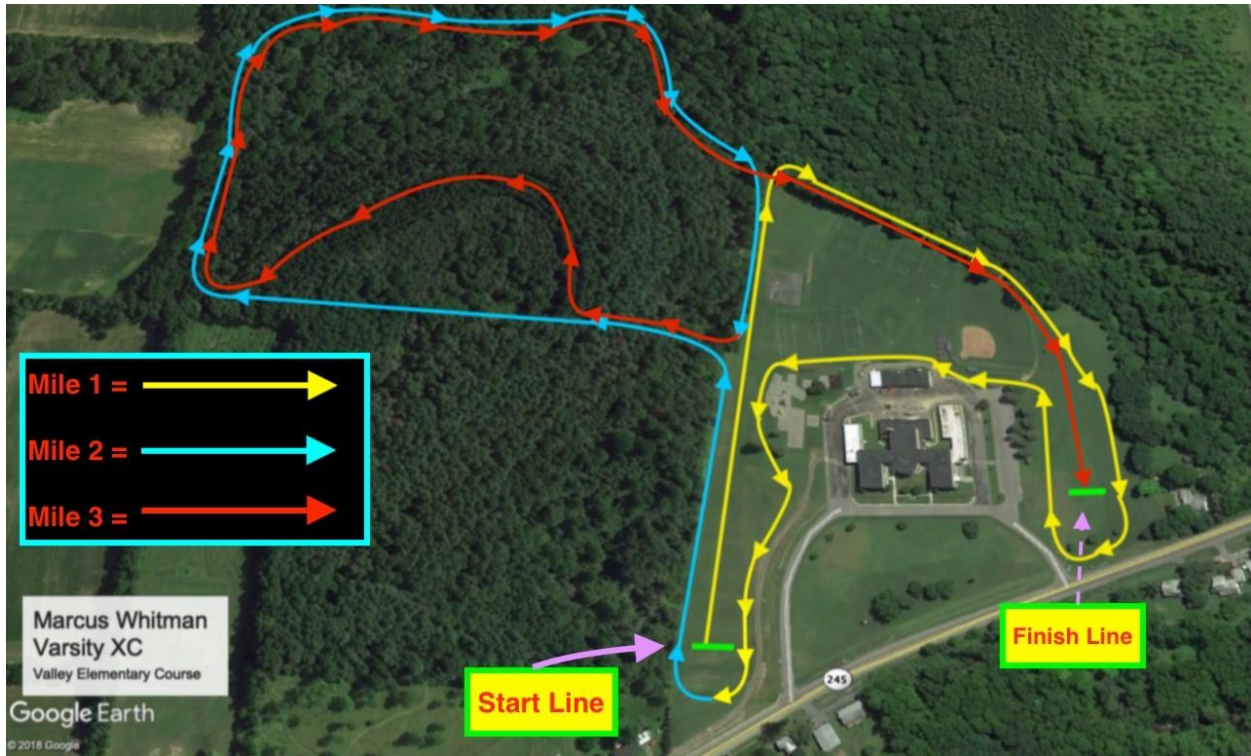
Course Records:

Varsity Boys: **16:03** – William Tempest (Pittsford Sutherland) - 2023

Varsity Girls: **20:01** – Faith Skowvron (Addison) – 2022

Course Map:

Copies will be available on Meet Day as well.



Entry Form: Marcus Whitman “Rally @ The Valley” XC Invitational

School Name: _____

Coach: _____

Coach email: _____

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