

Date: May 19, 2010

**Re: 4<sup>th</sup> Annual River Run Cross Country Invitational at Fisher River Park, Dobson, NC**

Coaches,

With this years track season over with and the 2010 Cross Country season quickly approaching it is time to start thinking about the 2010 cross country schedule. Coach Andrew Howard (Mt. Airy XC) and I are putting together the 4<sup>th</sup> Annual River Run Invitational at Fisher River Park in Dobson, NC. The River Run Invitational will take place on Saturday September 18, 2010. If you notice the meet is back on its original weekend.

Over the past three years the River Run has grown to over 300 participants. Last year we had some great competition and this year we are hoping bring in more runners and schools.

As of right now we are planning on having a high school boys and girls races, a middle school boys and girls race and an open adult race. If we have a lot of runners will we add more divisions. Over the past three years we have had many schools from as far west as Hickory and as far East as Raleigh participate in the meet with all high school athletic classifications represented. In the past we had several powerhouse cross country teams from the triad area compete in the invitational and this year we have had interest from several cross country teams from the Charlotte area and in Virginia. We are hoping to have several more powerhouse teams to commit to coming this year.

The cost of this invitational is \$70 per school if bringing both boys and girls team. If you are only bringing one gender of your team it is \$40 per team boys team and \$40 per girls team and \$5 per individual runners who are not on a team. This entry fee is to help pay for the trophies, medals, and other meet management items. This is strictly a non-profit race. The top two male teams and the top two female teams will receive trophies and the top 10 finishers in each male and female race will receive medals. We will also have FAT Timing and scoring for this meet.

The Fisher River Park Course is an excellent Cross Country course The course is a 1.5 mile loop (loop is ran twice) with a starting and finishing area that make the course a true 5K (3.1 mile) Course. The course is a mixture of grass, granite dust trails, and gravel footing with a few rolling hills. Fisher River Park has hosted the Northwest 1A Conference Championships since 2006 and the host to the Mid-West 1A Cross Country Championships in 2006.

If you are interested in bringing your team to the 4<sup>th</sup> Annual River Run Invitational please contact me.

Please contact me by e-mail at [rodney.king@stokes.k12.nc.us](mailto:rodney.king@stokes.k12.nc.us)

School Phone: 336-593-8134

Home Phone: 336-351-2408

Cell Phone: 336-401-5073

Sincerely,

Rodney King  
North Stokes High School  
Track & Field – Cross Country