

The Dan Ryberg XC Invitational

(Luther Britt Park, Lumberton, NC)

Saturday, Oct. 9, 2010

Red Springs High School is hosting the meet. The course is 5K, run on rolling hills and around a lake at the park. A tent area is parallel to the start finish line, affording great views of the start and finish for spectators and pictures. A team will be limited to 10 runners. Scoring: the top 5 will score. The 6th and 7th will be placers the 8-10th runners will be pulled for team scoring purposes. The cost is \$50 per school (male and female). Individual entries are \$10. Race times are 10am for Varsity Boys and 10:45am for Varsity Girls. Coaches meeting will begin at 9:30. Awards the winning team, the top 10 individuals and coaches. The races will be limited to the first 20 teams. Enter teams and individuals at shadabney@yahoo.com. Deadline is 3pm, Wednesday, September 30, 2010. Entries will be confirmed and e-mailed to coaches on Saturday, October 2nd. Checks are to be made out to Red Springs Track and Field. Contact: Mark Adams at (910) 850-8072.

Directions (from North): 95 South to exit 17. Turn left and follow 5th street to park entrance.

From West: take 74 West to I 95 North to exit 17. Turn right and take 5th street to park entrance.

From East: take 74 East to I 95 North to exit 17. Turn right and take 5th street to park entrance.

Lodging and Meals: There are eight hotels within five-six miles of the park. All are located between exits 17 and 22 on I 95. Restaurants include Ryan's, Golden

Corral, Texas Steakhouse, Friendly's, Denny's, Shoney's, Smithfield Chicken and Barbeque, Ruby Tuesday's (2), Zaxby's, McDonalds (2), Burger King, KFC and various local eating establishments.