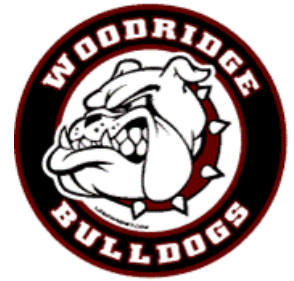


29th Annual Woodridge Cross Country



CVNP Invitational

Saturday, September 27, 2014

Pine Hollow / Kendall Hills

5465 Quick Road, Peninsula 44264 (81° 31.845' W) (41° 12.726' N)

RACE SCHEDULE

8:00 am	Course Open for Inspection
9:30 am	Middle School Girls OPEN
10:00 am	Middle School Boys OPEN
10:30 am	Middle School Girls Team Race
11:00 am	Middle School Boys Team Race
11:30 am	Elementary FUN RUN
12:00 pm	High School Girls JV/OPEN
12:30 pm	High School Girls Varsity Race
1:00 pm	High School Boys JV/OPEN
1:30 pm	High School Boys Varsity Race

Thank you from the
Woodridge Bulldogs
for joining us today!



AWARDS

Team:

- High School Varsity Races Trophies for Champions and Runners Up
- High School Junior Varsity Races Trophy for Champions
- Middle School Varsity Races Trophies for 1st, 2nd, and 3rd place teams
- Middle School Open Races Trophy for Champions

Individual:

- High School Varsity Races Medals for places 1-10; Ribbons for places 11-20
- High School JV/Open Races Medals for places 1-10; Ribbons for places 11-30
- Middle School Varsity Races Medals for places 1-20; Ribbons for places 21-40
- Middle School Open Races Medals for places 1-10; Ribbons for places 11-40
- Elementary Fun Run Ribbons for ALL participants

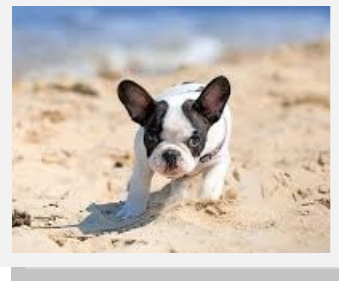


Cuyahoga Valley National Park

Sorry for any inconvenience, but
there is **No Parking** allowed on
roadsides as defined by CVNP.



Woodridge - CVNP Fun Run



15th Annual Woodridge Elementary Fun Run

- The event will take place **at 11:30 am** at the Pine Hollow entrance to the CVNP.
- All participants will receive a ribbon of completion and the top male and female finisher will get a shirt.
- Cost is **FREE!!** All kids below the 7th grade are encouraged to participate.
- Group stretching and walking of course will take place at 11:00 am.

Concessions



Concessions are located in front of the bathroom lodge just off the parking lot in Pine Hollow. We are selling burgers, hot dogs, pizza, Chick-fil-A, chili, beverages & desserts.

A **separate stand for snacks** (including fresh fruit & veggies) and beverages is on the side with T-shirt sales.

T-Shirts

Shirts are sold for:

\$13 - short sleeves • \$15 - long sleeves

Get yours soon as some sizes sell out quickly.



PLEASE HELP
KEEP THIS
PARK CLEAN

Restrooms

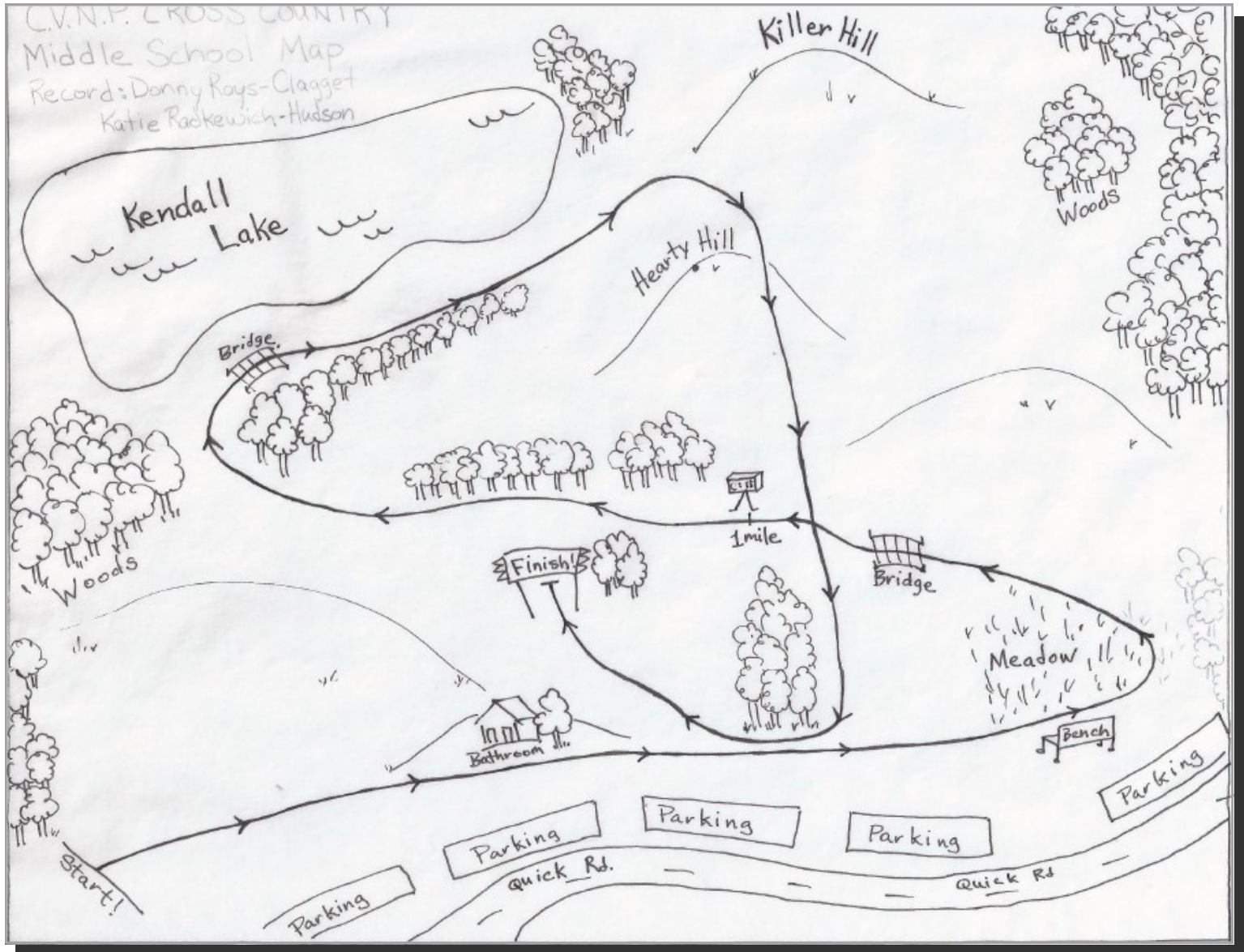


Portable restrooms are available at both ends of the Pine Hollow parking lot. Please reserve the park restroom facilities for handicapped, parents, grandparents and toddlers.



PLEASE DO NOT WARM UP OR COOL DOWN
IN THE PARKING AREAS.
BE VERY CAREFUL IF ON THE ROADS.

Middle School Trail Map



Course Records: Middle School (3200 meters)

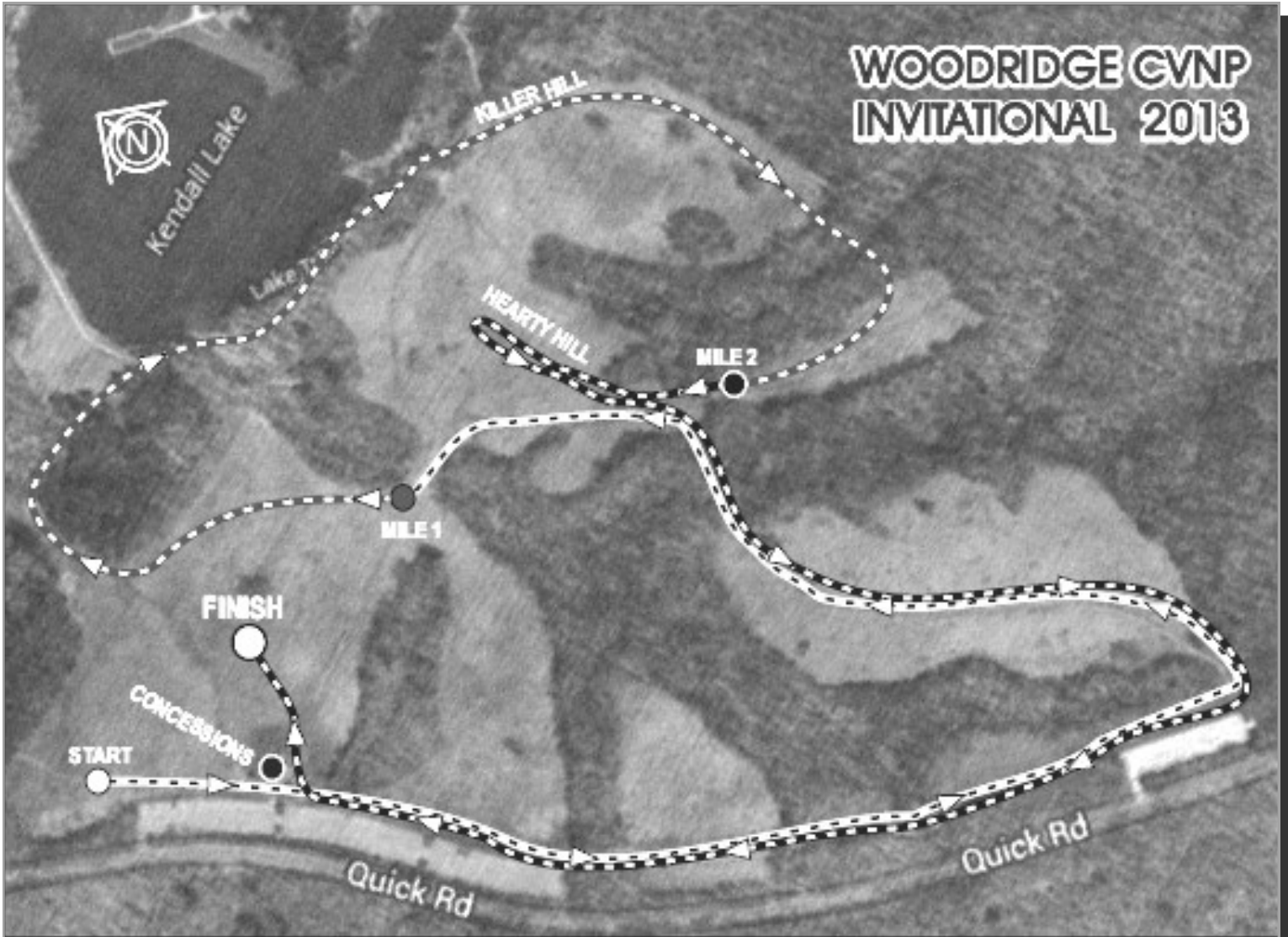
- Donny Roys (Medina Claggett) 10:37 (2004)
- Sammy Bockoven (CVCA) 12:33 (2010)



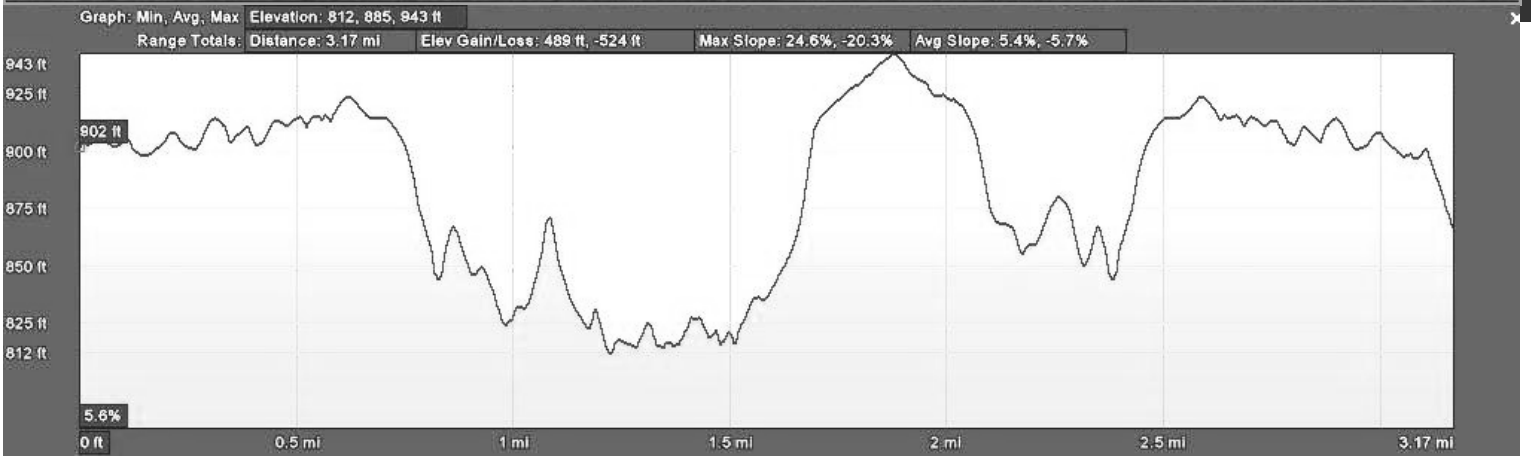
Did You Know?

During the Great Depression, the "boys of Company 567" of the Civilian Conservation Corps helped shape the landscape that would later become Cuyahoga Valley National Park by constructing buildings, playfields, and a lake, as well as planting over 100 acres of trees.

High School Trail Map



WOODRIDGE CVNP
INVITATIONAL 2013



High School Trail Map with elevation gain/loss information. (Estimated)

Course Records: High School (5000 meters)

- Michael Brajdic (Bay Village) 16:23 (2010)
- Bridgette Franek (Crestwood) 19:07 (2005)



TRAILS FOREVER
CUYAHOGA VALLEY NATIONAL PARK

CVNP has over 100 miles of trails for you to enjoy. Do your part. Help preserve our precious legacy of trails for future generations.