

30th Annual Woodridge Cross Country



CVNP Invitational

Saturday, October 3, 2015

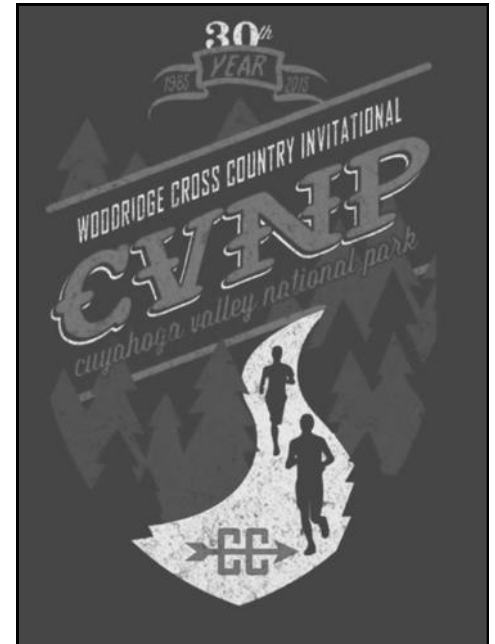
Pine Hollow / Kendall Hills

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



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 Top 20 will get a special CVNP commemorative medal
- High School JV/Open Races Top 20 will get a special CVNP commemorative medal
- Middle School Varsity Races Top 30 will get a special CVNP commemorative medal
- Middle School Open Races Top 30 will get a special CVNP commemorative medal
- 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



16th 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

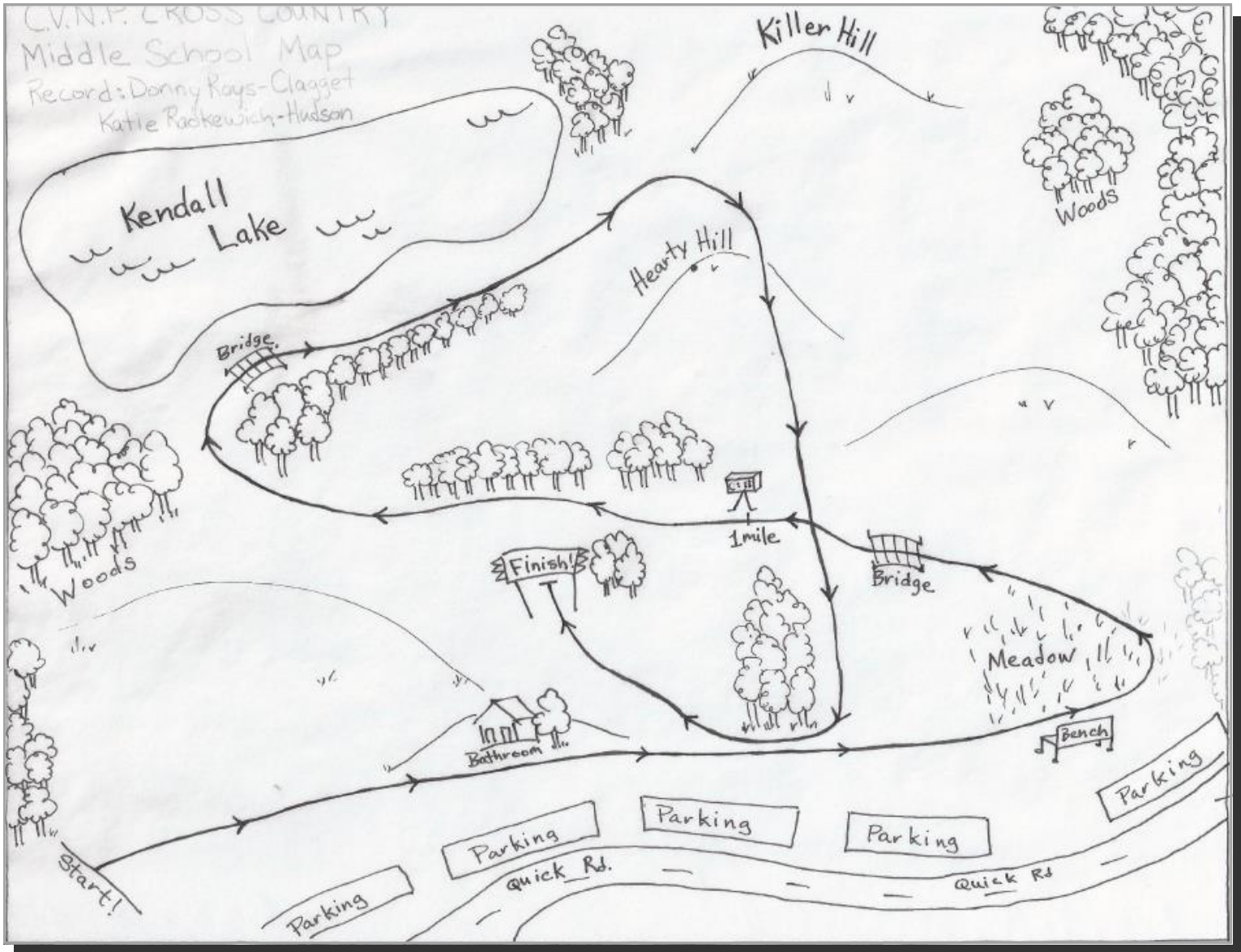


Portable restrooms are available at both ends of the Pine Hollow parking lot. Please reserve the park restroom facilities for handicapped, parents, grandparents and toddlers.



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)

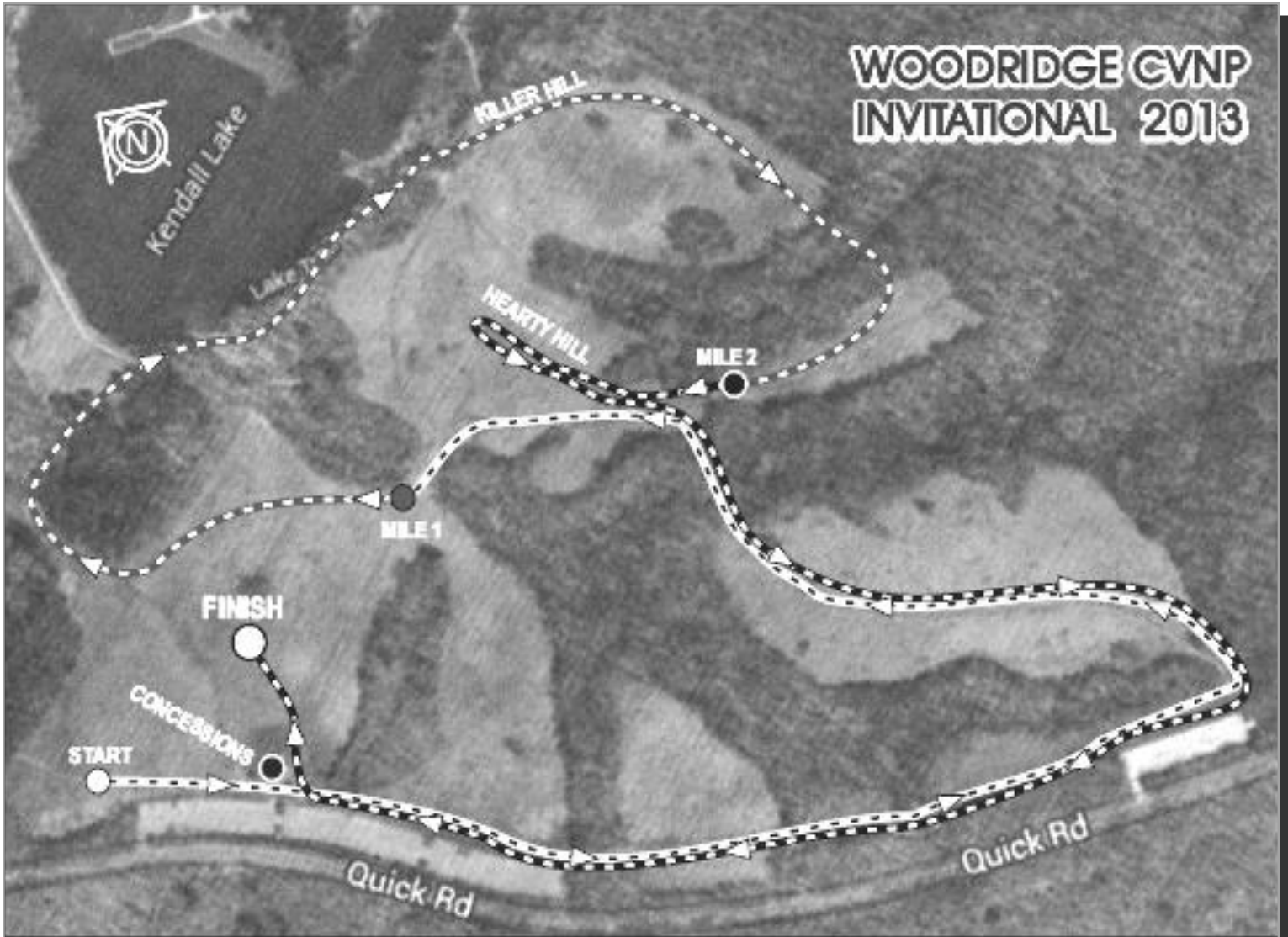
- Donny Roys (Medina Claggett) 10:37 (2004)
- Sammy Bockoven (CVCA) 12:33 (2010)



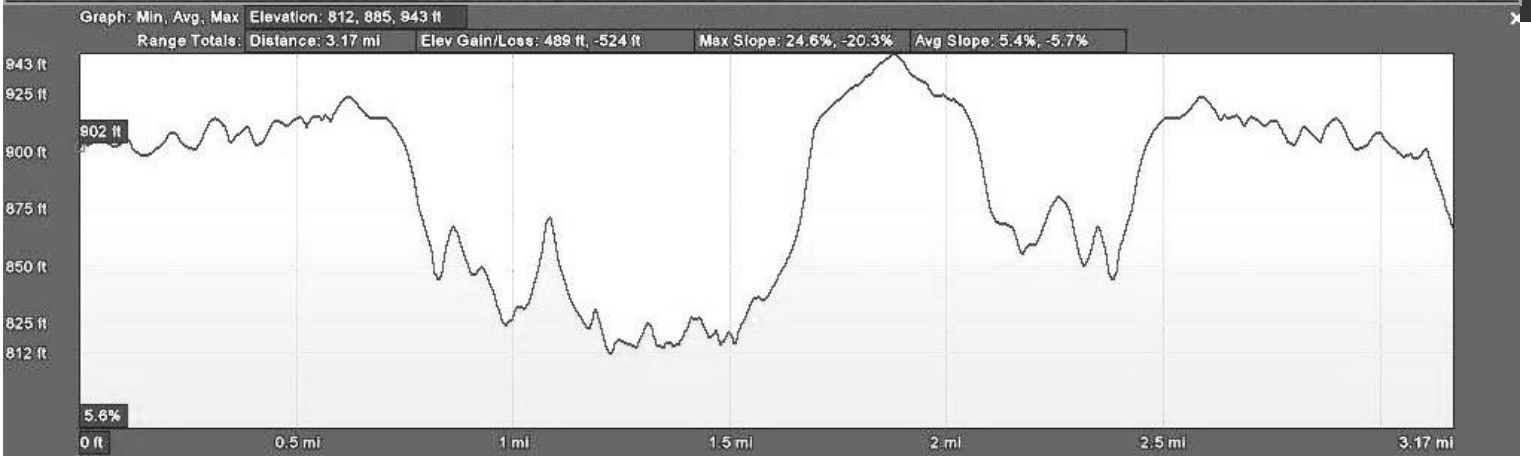
Hey Mountain Bikers - Did You Know?

In July, work officially began on the new off-road bicycle trail in CVNP. This trail, called East Rim Trail, is nestled between the Ohio Turnpike & Boston Mills Road. The first section will be just over 2 miles. Another 6.5 miles will be added to the trail system in 2016.

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)



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