

31st Annual Woodridge Cross Country



CVNP Invitational

Saturday, October 1, 2016

Virginia Kendall Hills @ the Pine Hollow entrance

5465 Quick Road, Peninsula, OH 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



Team:

- High School Varsity Races
- High School Junior Varsity Races
- Middle School Varsity Races
- Middle School Open Races

Plaques for Champions and Runners Up

Plaques for Champions

Plaques for 1st, 2nd, and 3rd place teams

Plaques for Champions

Individual:

- High School Varsity Races
- High School JV/Open Races
- Middle School Varsity Races
- Middle School Open Races
- Elementary Fun Run

Top 20 will get a special CVNP commemorative medal

Top 20 will get a special CVNP commemorative medal

Top 30 will get a special CVNP commemorative medal

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Ribbons for ALL participants



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



17th 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



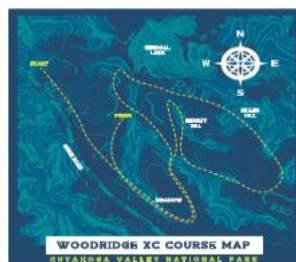
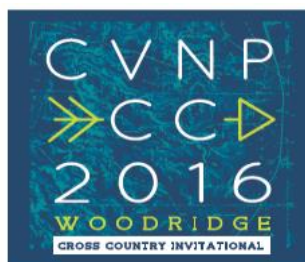
Concessions are located in front of the bathroom lodge just off the parking lot in Pine Hollow. We are selling burgers, hot dogs, pizza, Chick-fil-A, chili, beverages & desserts.

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

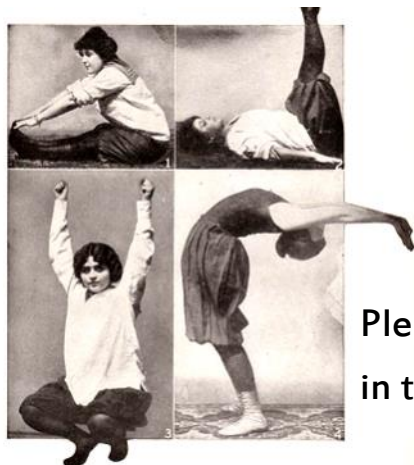


PLEASE HELP
KEEP THIS
PARK CLEAN

Restrooms

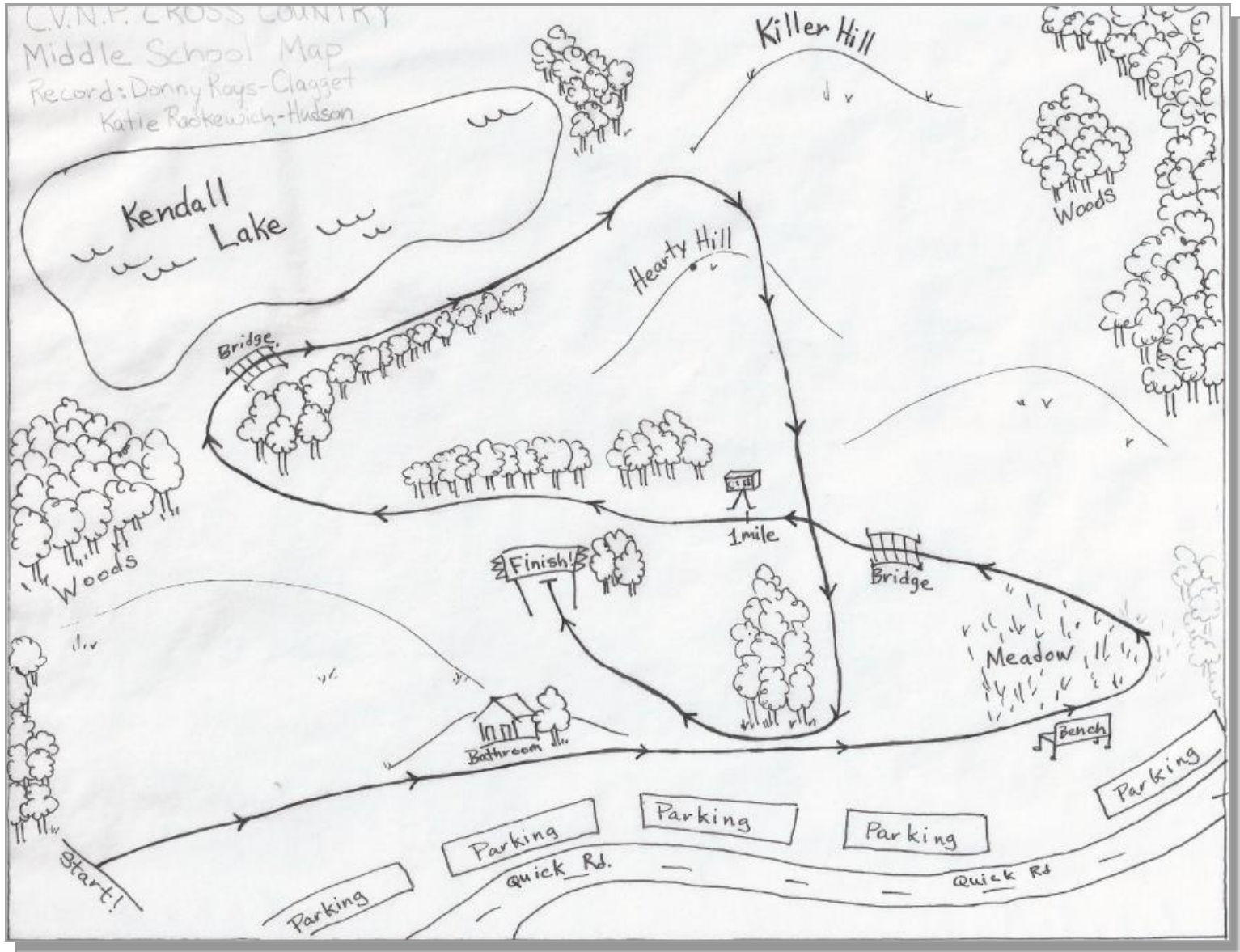
Portable restrooms are available at both ends of the Pine Hollow parking lot.

Please reserve the park restroom facilities for handicapped, parents, grandparents and toddlers.



Please do not warm up or cool down in the parking areas.

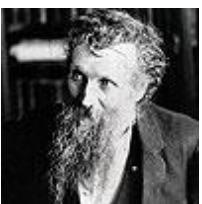
Middle School Trail Map



Course Records: Middle School (3200 meters)

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

Early Leaders of the Park Service Idea



John Muir

Father of the National
Park Service



Theodore Roosevelt

U.S. President and Conservationist



Stephen T. Mather

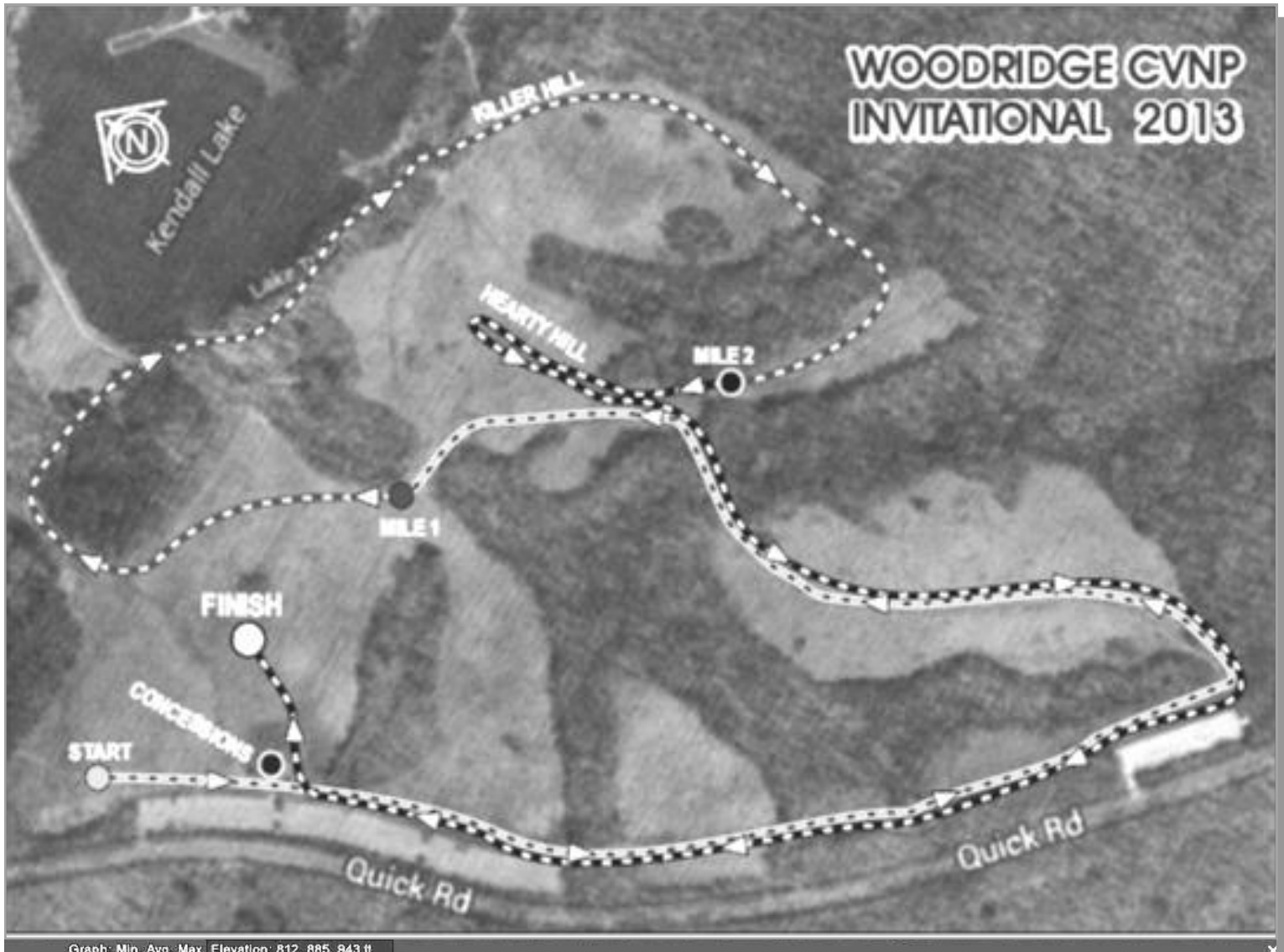
First Park Service Director



Charles Young

First African American Superintendent

High School Trail Map



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.