

COMMUNITY DAY

XC - Cross Country

Meet Announcement

Meet 1	Meet 2	Meet 3	League Championship
10/2 5:00 PM	10/13 5:00 PM	10/20 5:00 PM	10/30 5:00 PM
Elm Bank Reservation	Elm Bank Reservation	Elm Bank Reservation	Elm Bank Reservation
Wellesley, MA	Wellesley, MA	Wellesley, MA	Wellesley, MA
# of runners 90	# of runners 110	# of runners 125	# of runners 125

FIRST MEET OF THE YEAR THIS FRIDAY

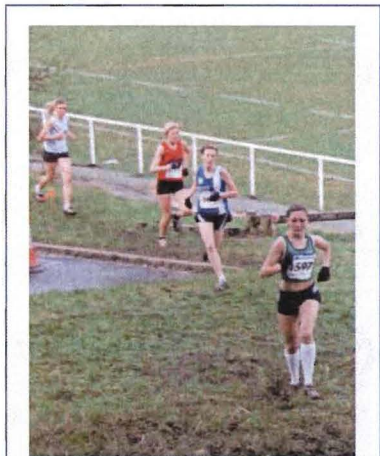
Our first meet of the year will be this Friday, October 2 at Elm Bank Reservation in Wellesley, MA (directions on back)

“The real purpose of running isn’t to win the race; it’s to test the limits of the human heart”

- Bill Bowerman, American Running coach and Co-Founder of Nike, Inc.

Our race is scheduled to start at 5:15 PM. Five other MS Charter XC teams will be running against us, making up a field of approximately 90 runners for our first meet. We will be leaving CDCPS by bus at 3:45 PM. Any parents wishing to follow the bus, we have to leave promptly at 3:45, so please do not be late. All runners should have uniforms (will be handed out Thursday) and should have some sweatpants and a sweatshirt to wear over their clothes. Please bring your own water bottle as well.

We should be arriving back at CDCPS for pickup at roughly 6:30 PM. Please be waiting for us when we arrive. We will only make calls if we are running dramatically late.



Meet Schedule

3:45 PM - depart CDCPS by bus

4:45 PM - Arrive at EBR, walk-thru course.

5:00 PM- Race Begins








6:30 PM - Arrive back at CDCPS for Parent Pickup

CDCPS CROSS COUNTRY



Directions to Elm Bank Reservation

Elm Bank Reservation From the North

- | | | |
|---|---|-----------------------------|
|  | 3. Take the ramp onto I-495 S
About 6 mins | go 4.9 mi
total 5.4 mi |
|  | 4. Take exit 40A to merge onto I-93 S toward Boston
About 12 mins | go 12.1 mi
total 17.6 mi |
|  | 5. Take exit 37B to merge onto I-95 S/MA-128 S toward Waltham
About 19 mins | go 17.2 mi
total 34.8 mi |
|  | 6. Take exit 22-21B toward Wellesley/MA-16 | go 0.2 mi
total 35.0 mi |
| | 7. Merge onto Quinobequin Rd | go 0.2 mi
total 35.2 mi |
|  | 8. Turn right at MA-16/Washington St
About 7 mins | go 3.1 mi
total 38.3 mi |
|  | 9. Turn left at Washington St
About 4 mins | go 1.7 mi
total 40.0 mi |
|  | 10. Turn left at Cheney Dr
About 2 mins | go 0.5 mi
total 40.5 mi |

 **Elm Bank Reservation**
Elm Bank Reservation, Wellesley, Massachusetts 02482, 02482

How Do You Get a Team Score?

The first 5 runners to finish on your team to finish count towards your team score.

The team with the lowest number of points wins.

Multi-Team Meets

In our race our Friday our team will get a result against 4 different teams. We are running in large groups, but we are racing against each team individually.

CDCPS Runners

Our goal for each of our runners is a personal one. Our hope is that everyone always gives nothing but their best. Crossing the finish line makes everyone a winner.