



Middletown Knight Striders Cross Country Meet Sunday, October 27, 2013

Location: Middletown Park, Middletown, MD

Participation Fee: \$5.00 per athlete.

Awards: Top three runners in each age group will receive medals. Places 4th-15th will receive ribbons.

Registration: 11:30 a.m. -12:30 p.m.

Course Walk: 12:45 p.m.

Order of Events: All races following the 1k will be on a rolling schedule. We will begin each race approximately 5 minutes after the last runner in the race before. Every effort will be made to combine boys and girls in each race in the interest of time. However, if the race director deems that a group is too large for safety purposes, boys will start first followed by girls.

6 & Under	1K
7 & 8	2K
9 & 10	2K
11 & 12	3K
13 & 14	4K

Age Groups: All age groups are determined by the runner's age AS OF DECEMBER 31, 2013 and not by their age on the race day.

Other: Water will be available at the finish. Park restrooms are accessible. Concessions will be available for purchase.

Contacts: Trevor and Veronica James, middletownknightstriders@gmail.com, 240-565-3095, <http://middletownknightstriders.com/>

Directions:

I-70W to Exit 49 (Middletown & Braddock Heights). LEFT at light off exit onto ALT-40; RIGHT on Schoolhouse Drive; continue past Middletown High School into the park; pavilion is towards the back of the park on the right. There is a large parking lot in front of the pavilion. For a map of Middletown Park visit: <http://frederickcountymd.gov/index.aspx?nid=2964>