

2011 USA Masters 5K Cross Country Championship

Weekend Schedule

Friday 10/21/11	Time	Place	Notes
Registration & Check-in	11:00 AM – 6:00 PM	Woodcliff Hotel & Spa Perinton, NY	Look for Conference Room assignment in Lobby
Technical Meeting	6:15 PM – 6:45 PM	Woodcliff Hotel & Spa	Room assignment TBD
Speakers**	7:00 PM – 8:30 PM	Fairport High School	Joan Benoit-Samuelson John Tuttle
Saturday 10/22/11			
Registration & Check-in	7:30 AM – 9:00 AM	Center Park	Registration will be cut off at 9:00 AM for Open event. Check-in <u>ONLY</u> for National Masters events will continue to race time.
Open/All Comers Race ¹	9:30 AM	Center Park	See note 1. below
Women's Masters National Championship ²	10:30 AM	Center Park	See note 2. below
Men's Masters National Championship ³	11:30 AM	Center Park	See note 3. below
Awards	12:45 AM	Perinton Recreation Center	Room assignment will be communicated (TBD)
Dinner and Music	6:30 PM – 11:00 PM	Green Lantern Inn Fairport, NY	Irish night – Blarney Rebel Band
Sunday 10/23/11			
Crescent Trail Run	8:00 AM	Home of GVH Coach; Mike Reif	Trail run followed by light brunch

*** The focus of speakers will be to talk about their training programs; how they came to excel in the sport, what it took to be successful and what they have gained from their experience and accomplishments; both personally and professionally.*

1. To include Upstate series open runners, any local runners of any age. Runners registered in the Upstate NY XC Series will receive series scoring as well.
2. Participants will be master's level women only. Will also serve as the women's USA/Canada XC challenge event. Runners registered in the Upstate NY XC Series will receive series scoring as well.
3. Participants will be master's level men only. Will also serve as the Men's USA/Canada XC challenge event. Runners registered in the Upstate NY XC Series will receive series scoring as well.