



AGAIN THIS YEAR!

\$100 M & F
Course-record bonus

\$50 bonus for fastest
M & F time of the Series



2009 Innovative Edge SUMMER 5K CROSS COUNTRY SERIES @ COBBS HILL PARK, ROCHESTER

Thursday Nights
August 6, 13, 20 @ 7:00pm --August 27 @ 6:30pm

HISTORY

Since 1994, runners from all over Western New York have descended on Rochester's Cobbs Hill Park making this series a summer-time tradition. Whether you are looking for a competitive race, a low-key training run or just a place to get off the hot roads and out of the warm sun, Cobbs Hill is the place to be on Thursday night's this August !

Again in 2009

In conjunction with Summer 5k XC Series, we will be holding a series of Youth Development Cross Country races beginning 30 minutes prior to the 5k. For children ages 2-12, this Youth Series is based on fun and "everyone wins." Distances include a 100 yard "Popsicle run" a ¼ mile, ½ mile and 1 mile. Any age may run any event. Times will be recorded so race to race improvement can be tracked. Separate Youth Series entry available at www.gvh.net.

LOCATION

Registration, as well as the race start and finish, are located in the open field at the corner of Monroe and Highland Avenue's, near the entrance to the Cobbs Hill Reservoir. Parking is available along Highland Ave.

TRADITIONAL 5k COURSE

A wheel measured course that is 37 yards longer than 5k. It is 90 % grass, dirt and wooded trails with a 400 meter section of road just past the 1.2 mile mark. One large hill.

5K ENTRY FEE'S

\$20.00 Series entry (includes Series t-shirt)
\$5.00 Race day registration (no shirt *)
*Additional Series t- shirts can be purchased for \$8.00.

REGISTRATION

Begins one hour prior to race start each night.

AWARDS

Aug. 6: Masters Nite (top 3 in each 5 yr age- group over 40)
Aug. 13: Ladies Nite (awards to all Women finishers)
Aug. 20: HS Nite (awards top Top 10 M & F H.S. runners)
Aug 27: Elite Nite (awards to Top 10 M & F finishers)
In addition, awards to the top 3 in each age-group, courtesy of Innovative Edge Sports of Victor. Age groups are HS, Open (18-39), Masters (40-49), Vets (50-59) & Super Vets (60+).
Innovative Ed

TOP 15 PERFORMANCES Innovative Edge Summer XC Series 1994-2007

MEN

15:50.0	Ryan Pauling	2007
15:55.3	Ryan Pauling	2004
16:16.3	Scott Bagley	2002
16:21.0	Jerimie Slick	2006
16:23.0	Ryan Pauling	2005
16:28.9	Dave O'Keeffe	2000
16:31.0	Kyle Heath	2005
16:33.0	Duncan Douglas	2004
16:35.4	Peter Glavin	1994
16:36.0	Steve Strellick	2005
16:36.0	Ryan Pauling	2008
16:38.0	Dave Bradshaw	2004
16:39.0	Ben Hall	2008
16:39.0	Duncan Douglas	2004
16:40.0	Brian Smith	2002
16:45.0	Dave O'Keeffe	2000

WOMEN

19:16.0	Kristen Coon	2003
19:22.4	Kristen Coon	2002
19:27.0	Kellie O'Brien	2007
19:28.3	Kristen Coon	2003
19:37.0	Kristen Coon	2002
19:38.0	Kellie O'Brien	2007
19:40.0	Allison Sawyer	2006
19:42.0	Becky Heuer	2002
19:45.0	Judy Johnson	2008
19:46.0	Jessica Snyder	2007
19:50.2	Becky Heuer	2000
19:51.8	Christa Downey	2003
19:52.0	Fran Magri	2006
19:54.3	Linda Grossman	1999
19:57.0	Jeanie Sauter (HS Record)	2008
19:58.0	Jennifer Rettke	2001
19:58.0	Meghan McCormick	2008

SUMMER 5K XC SERIES ENTRY FORM

Last Name _____ First _____

Address _____

City/Town _____ Zip Code _____ Gender: M F Age _____

Phone # _____ Email _____

Check appropriate Fees: _____ \$20.00 Series entry (includes Series t-shirt) SM MED LG XL
 _____ \$5.00 Individual Race entry (circle): 8/6 8/13 8/20 8/27

Make checks payable to: Peter Glavin and mail to PO BOX 16375, Rochester 14616