

Dear coaches and athletic directors:

We are extending an invitation for your school to participate again in the Fox Chapel Invitational for middle school cross country runners which will be held at Hartwood Acres on Friday, September 27, 2013. **As per the email I sent out in March, this is one week later than normal due to a scheduling conflict with Hartwood Acres.** This annual event is one of the biggest middle school cross country invitationals in western Pennsylvania. Last year was our biggest ever with 44 schools and just over 1000 athletes participating. The top thirty runners in each race receive an engraved medal and every runner receives a ribbon, lemon drink and apple. There are four separate races, one for each grade level and gender. This allows the seventh graders a chance to “shine” in their own event. There is no team scoring. **Please email us as soon as possible if you are planning on participating. If you won't be coaching again this fall please let us know, so we can get an entry form to the right person.** You can mail the entry form in early September once you have an idea as to how many runners you are bringing. If you have any additional questions please call or email me. I'm looking forward to hearing from you.

Sincerely,

Peter Shiner
Pete_Shiner@fcasd.edu
(724)396-6803

P.S. The Hartwood Acres Park director has informed me that, due to parking constraints, the elementary race that has been run by Alice McLaughlin (the cross country coach from St. Marys) can no longer be held after our four races. If you would like information about what arrangements have been made for an elementary race, please contact Alice directly at gerardmac977@aol.com. Thanks.

Fox Chapel Invitational

DATE: FRIDAY - SEPTEMBER 27, 2013 ****ONE WEEK LATER THAN NORMAL****

TIME: 3:00 7TH GRADE GIRLS RACE
3:20 7TH GRADE BOYS RACE
3:40 8TH GRADE GIRLS RACE
4:00 8TH GRADE BOYS RACE

The first race will start promptly at 3:00. The starting time for the remaining three races is approximate. They will start as soon as the preceding race is finished.

PLACE: HARTWOOD ACRES(CONCERT AREA) ON MIDDLE ROAD
Take Rte 28 to Rte 8 North. Follow Rte 8 for several miles to Hart's Run Road. Follow Hart's Run Road until Middle Road. Turn left onto Middle Road. Hartwood Acres is on the right. Take the second entrance into the park. A police officer will be directing traffic. Hartwood Acres is approximately 30 minutes from downtown Pittsburgh.

COURSE: 1.65 miles(± .01 mile) SIMILAR TO THE HIGH SCHOOL COURSE WITHOUT THE HILL.
The course is well marked. I would advise arriving by 2:00 to allow your team sufficient time to walk the course.

COURSE RECORDS:

7th grade Girls:	Clara Savchik, North Allegheny	10:06	2012
7th grade Boys:	Logan Kopchak, St.Alphonsus	9:20	2009
8th grade Girls:	Marianne Abdalah, North Allegheny	9:26	2012
8th grade Boys:	Scott Seel, North Allegheny	8:50	2010

AWARDS: TOP THIRTY FINISHERS IN EACH RACE RECEIVE **MEDALS**.
ALL RUNNERS RECEIVE RIBBONS
NO TEAM AWARDS

ENTRY FEE: \$120.00

PLEASE MAKE THE CHECK PAYABLE TO: **FOX CHAPEL ATHLETICS**

****Please note that this is different than the payee in previous years****

SCHOOLS MAY ENTER AS MANY RUNNERS AS THEY WISH IN EACH RACE.
FOR SCHOOLS ENTERING LESS THAN 20 RUNNERS, THE ENTRY FEE IS **\$6.00** PER RUNNER

PLEASE MAIL THE ENTRY FORM AND FEE TO:

PETE SHINER
110 WHITE GATE ROAD
PITTSBURGH PA 15238

QUESTIONS: SCHOOL PHONE: (412) 967 - 2400 VM 2065
CELL PHONE: (724)396-6803
HOME PHONE: (412)828-3505
EMAIL: Pete_Shiner@fcasd.edu

FOX CHAPEL MIDDLE SCHOOL XC INVITATIONAL 2013 ENTRY FORM

SCHOOL _____

COACH(ES) _____

EMAIL(S) _____

PHONE #(S) _____

NUMBER OF
RUNNERS

7TH GRADE GIRLS RACE

7TH GRADE BOYS RACE

8TH GRADE GIRLS RACE

8TH GRADE BOYS RACE

PLEASE REMEMBER TO ENCLOSE THE CHECK:

\$120 MADE PAYABLE TO “FOX CHAPEL ATHLETICS”

MAIL THE ENTRY FORM AND CHECK TO:

**PETE SHINER
110 WHITE GATE ROAD
PITTSBURGH PA 15238**

We will have a concession stand. Event T-shirts will also be available for purchase. Please let your runners know. SEE YOU IN SEPTEMBER!!