



Yoshaany Rahm

Invitational

& Community Run/Walk
Hosted by Ukiah High School

When: Oct. 24th, 2015 (Sat)

Where: Ukiah High School (track)

Course: 5 K (3.1 miles) A challenging course consisting of dirt trails, grass, and pavement. Course provides excellent viewing for spectators and coaches.

Races:

9:30 Kids Run (6th grade and under/ 1200 meters)

10:00 Community Harvest Run (open to all)

11:00 Boys Varsity

11:30 Girls Varsity

12:00 JV Boys (unlimited entrants)

12:30 JV Girls (unlimited entrants)

Awards:

Kids Run... Top 3 boys and girls, then participant ribbons

Harvest Run... Top 10 male and female overall finishers

High School Races... Top 10 in each race

*Awards presented in the chute at finish line

Top 2 Varsity teams receive championship plaque

Cost: \$10.00 per runner or a maximum of \$120 per school

Make checks payable to Ukiah High Cross Country

Please mail check to:

Ukiah High School Cross Country
c/o Chad Raugewitz
1000 Low Gap Rd.
Ukiah, Ca. 95482

Entries: email to raugewitz@pacific.net by Oct 18th

Ex.	Johnson, Tom	M	Boys	Var
	Jacobs, Tammy	F	Girls	Open

Please send check and list of athletes or respond by Oct 18th

Questions: call Chad Raugewitz 707-472-5853 (work) / 707-467-9158 (home) / 707-205-5342 (cell) / or email raugewitz@pacific.net

**** This day of racing is dedicated to Yoshaany Rahm. Yoshaany was a past Ukiah High runner that passed away in 2008. Yoshaany exemplified the spirit of the long distance runner. He will always be remembered for his courage and dedication to the sport. I hope that today you too can compete and celebrate as Yoshaany once did.***