



Ragged Mountain Running Cup Thursday, September 1, 2011



For our first race of the year, again, we travel to Panorama Farms for the Ragged Mountain Running Cup, sponsored by Ragged Mountain Running Shop! Teams from around the area will be there, including: Albemarle, Blue Ridge, Covenant, Fluvanna, Fork Union, Louisa, Madison, Miller, Monticello, Nelson, Orange, St. Anne's-Belfield, Tandem, Western Albemarle, William Monroe, Woodberry Forest, and, of course, Charlottesville!

We will travel as a team on a bus from CHS. You are dismissed at 3:00. Meet at the baseball field, at 3:15, dressed to run. Be sure to eat breakfast and a sensible lunch. Also, pack some snacks for before or after the race. Your body needs fuel!

All athletes will warm-up together as a team 45 minutes before they race. Athletes must also complete a cool-down run (minimum 15 minutes) about 10 minutes after their race is over. **Let's have a great race!**

5:00 P.M.: 4 x 2-mile relay (Girls and Boys run at the same time)

Girls Team A: Emily Bambury, Anna Caughron, Jayme Kusyk, Katherine Bouchard

Girls Team B: Moira Hulbert, Eve Allen, Emily Hays, Caitlin Thomson

Boys Team A: Malloy Owen, Steven Richardson, Johnny Little, Sam Campbell

Boys Team B: Spencer Graves, Ben Veale, James Looney, Bryan Hancock

6:15 P.M.: Open 2-mile (Girls and Boys run at the same time)

Girls: Ruby Auble, Geneva Knight, Margaret Manto, Leah Marshall, Lauren Meintzschel, Carolyn Myers, Meg Russell, Ana Untaroiu

Boys: Will Amacker, David Cohn, Riley Covert, Brendan Delany, Peter Dillery, Chris Hays, Eric Henningsen, Vishnu Muthiah, Ronald Stewart, Razvan Untaroiu

Immediately, after the open race and cool-down, team pictures will take place. Everyone needs to stay to be part of the picture.

An awards ceremony will follow at around 6:45. The top 25 girls and top 25 boys from the relay race will be honored, and the top 15 girls and top 15 boys from the open race will be honored. There are extra prizes for the top five and top fifteen finishers in the relay and the top five in the open race.

The bus will return to CHS as soon as the awards ceremony is over—approximately 8 P.M. If an athlete prefers to ride home with his or her parents, he or she must check out with the coaches. An athlete may not leave with anyone beside his or her parents, unless a letter of parental permission has been submitted to Principal Taylor prior to the meet. You may use the form online at <http://www.blackknightathletics.org/> called "Parent Release: Transportation in a private vehicle."

Come prepared! Be sure to bring:

- Uniform & racing shoes/spikes
 - Clothes for warm-up (T-shirt, extra shoes, etc.) You might want to bring a long-sleeved shirt and pants, for when it cools off after the race.
 - Water or sports drink.
 - A snack for after your race.
 - Dry socks and shoes for after the race.
- *No concessions will be available.

Directions for parents:

From Route 29 North (Emmet St.):

- Turn left onto Hydraulic Road.
- Pass Albemarle High School (on your left). Continue approximately one mile.
- Turn left onto Earlysville Road.

From Rio Road:

- Cross Route 29 (Seminole Trail). Continue approximately one mile.
- Turn right onto Earlysville Road.

On Earlysville Road:

- Continue approximately 2 miles, past the reservoir.
- Turn left onto Panorama Road.
- Continue until the end of the road (approx. .75 miles) where you will enter the farm.
- Stay straight on the road and cross a one lane wooden bridge and cattle guard. Go up the hill and when the road reaches a "T," turn to your left.
- Follow the directions of the parking attendants.

Weather forecast: 84° high, around 80° at race time, chance of isolated thunderstorms

Course Map: