

Cross Country in the Park 2009
17th Season
Colt State Park
Bristol, RI

Presented by: East Bay Striders

- When:** Wednesday nights at 6:30 PM, July 8, 15, 22, 29, August 5, 12, 19, 26.
Start time is 6:30 PM Sharp. Be warmed up watered and ready to go!
Timers and time wait for no man (woman, or child!)
- Where:** Park Headquarters, Colt State Park, Bristol, RI. Headquarters is at the big stone barn. Plenty of Free Parking thanks to the governor! Look for people in short pants.
- Course:** 5 Kilometers (more or less). Challenging wooded trail, grass, and paved lanes.
- Course Records:**
- | | |
|---------|------------------------|
| Male: | 16:12 by Jim Dandeneau |
| Female: | 19:17 by Ashley Jensen |
- Entry:** No pre entries. No entry fee. We will ask for a \$5.00 donation for the series to cover the cost of USATF Sanction and insurance. That works out to about 63 cents a race if you do them all!
- Prizes:** Personal satisfaction is high on our list!
- T shirts:** Nope
- Amenities:** Bring your own bug spray and sport drink. Bathrooms are about 250 yards from the start. We'll have cups and water.
- Results:** You put in the time--- We'll give you your time!
- We send them to the **Bristol Phoenix.**
- Info:** Contact Bob Cooper (401) 253-3142 coopkenn@cox.net or
Brian Beausoliel (401) 245-8428 trackster55@aol.com