



**LCXC Fall Challenge
Lawrence County High School
Louisa, Kentucky
Saturday, Oct 2, 2010**

Join us for our Lawrence County Cross Country Fall Challenge on Saturday, Oct 2, 2010. Our course is a long, looping 5km trail run that takes the athlete up and down 3 hills, 4 small stream crossings, along the scenic Yatesville Lake and camping areas. Bathrooms are available near the start/finish area.

Entry Fees:

Team fee \$30
Individual fee per athlete \$10

Mail entry fees to:
*Lawrence County Track Boosters
100 Bulldog Lane
Louisa, KY 41230*

(Team fee includes unlimited number of both boys and girls per school)

Checks are payable to: *Lawrence County Track Boosters*

Entry Deadline:

The deadline for all entries is **Thursday, September 30th at 4:00 p.m.** Send Hy-Tek roster file to Coach Dan Bailey at RunArmy@gmail.com. (Out of state teams may send their entries on a separate sheet which will include Athlete name, grade, and birthdate)

Unlimited entries – top 5 per team will score with the 6 and 7 runners displacing.

Location: (NOTE: RACE IS NOT LOCATED AT THE HIGH SCHOOL AREA)

Course is located at the Lawrence County Park next to the Yatesville Lake State Park campground. The address for the park is 77 Wilderness Road, Louisa, KY. From US-23 take the KY-32 exit – turn right onto KY-32W drive 4.5 miles to HWY 3215 and turn right – entrance is ~2.5 miles on the right just prior to the entrance to the campground area.

Admission:

No admission charge for spectators.

Spectators:

The start/finish area is open to spectators. The course is mostly along trails with limited areas for spectators. If anyone (coaches included) wishes to view any portion of the race you may do so at several areas within the Park. This may require some driving or extensive walking.

Awards:

Awards will be given to the top 10 finishers in both the boys and girls races.

Meet Time Schedule:

7:30 – Course open for inspection

9:00 – Races begin (most likely run boys and girls in same race – separate scoring)