

The Berry Invitational

At Berry College
Saturday, September 5th

Bus leaves from Natatorium at **7:00AM** and returns at **3:30PM**.
Everyone needs to eat breakfast: a bagel with cream cheese and a piece of fruit.
Also, possibly eat a small bowl of cereal if you would like it. **Make sure you hydrate!**

We will stop for lunch when leaving the final race on our way back to school!



FIVE GUYS[®]
BURGERS and FRIES

Races:

4A/5A Boys 10:15 AM

Junior Varsity Boys 11:45 AM

THE BAG ➔ You should begin putting a bag together that you will bring to each practice and meet. The bag should contain the following:

- ◆ WARM-Ups!
- ◆ An extra set of clothing: Socks, Underwear, T-Shirt, Shorts, Socks, etc.
- ◆ Racing Flats
- ◆ A water bottle
- ◆ An extra set of shoes
- ◆ Some money – for snacks during the day and for lunch!
- ◆ Rain Gear

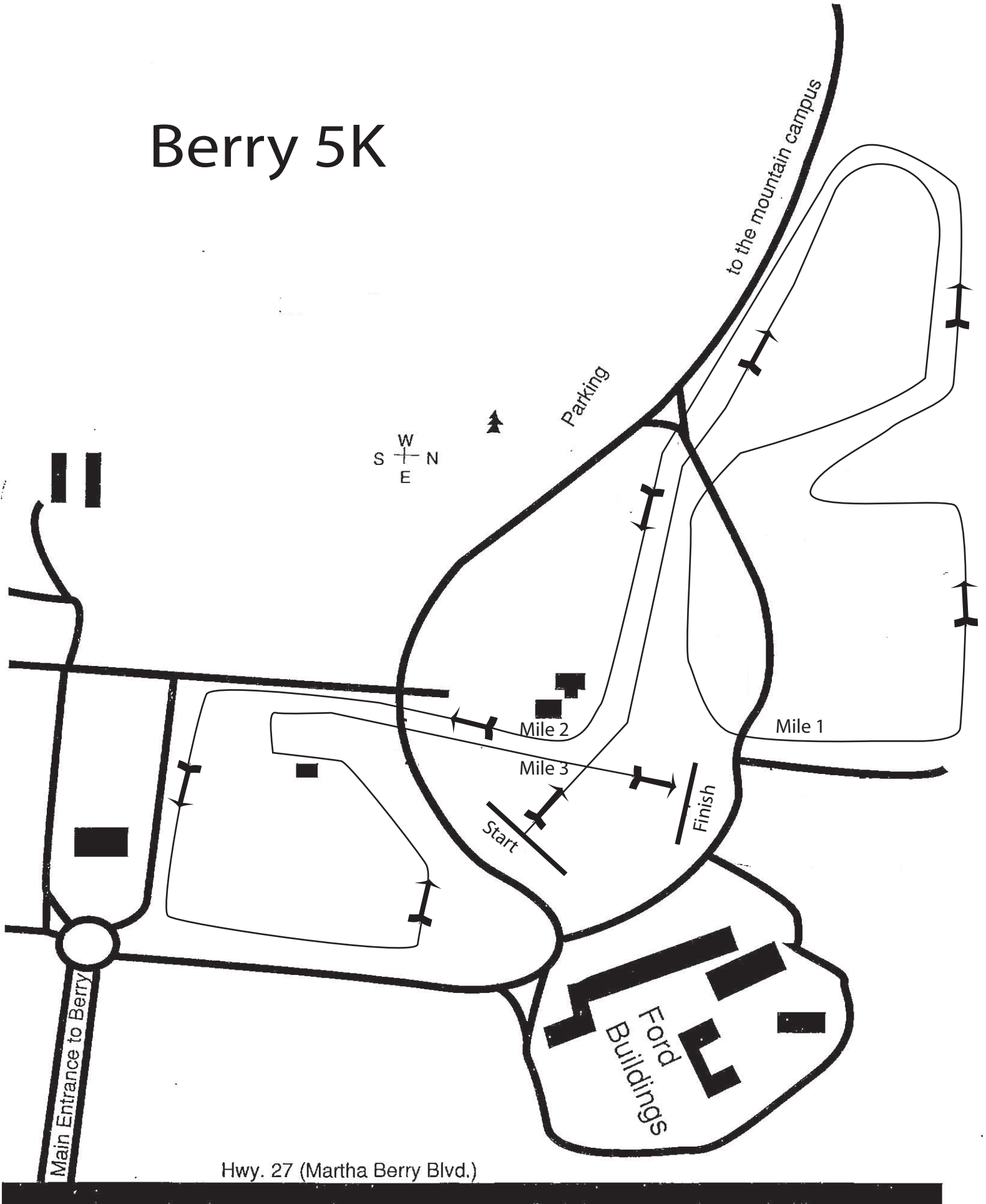
*****Any medical supplies – diabetics, athletes with asthma, etc.**

Wesleyan Men's Cross Country

Note: Once a race is finished...all runners need to IMMEDIATELY group together in order to do the *2-mile cool down*. It is necessary that you do the entire cool down in order to complete the correct mileage.

- 8:30 AM** Arrive at Berry College; Unload Buses; Coaches Pick up Race Packets; Runners set up tents/tarps
- 9:25 AM** Varsity Boys (top ten) begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well.
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|---------------------|-------------------|-----------------|
| Cannon, Tradd | Mohme, Doug | Ramsey, Brandon |
| Duvall, Christopher | Morris, Jake | Williams, Takim |
| Gossett, Bradley | Parrish, Preston | |
| Marsh, Timothy | Prettyman, Brooks | |
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- 10:00 AM** Varsity Boys, Captains and Coaches go to starting line for talk, prayer, and sprints
- 10:15 AM** **Varsity Boys Race Begins! Everyone else spread out and cheer!**
- 10:55 AM** JV Boys begin warm-up. Jog 800m, stretch, jog 2 miles (18 minutes) and stretch really well. **Taylor Grice leads workout.**
- 11:30 AM** JV Boys, Captains and Coaches go to starting line for talk, prayer, and sprints
- 11:45 AM** **JV Boys Race Begins! Everyone else spread out and cheer!**
- 12:45 PM** Load buses, and Leave for Wesleyan – Stop on the way back to school for food
- 3:30 PM** Arrive at Wesleyan

Berry 5K



Hwy. 27 (Martha Berry Blvd.)