

CWU APPLE RIDGE INVITATIONAL

3rd ANNUAL CROSS COUNTRY MEET

September 22, 2007

Welcome to the 3rd Annual CWU Invitational at Apple Ridge Run! Thanks to a generous donation of funds, land and time by Strand Fruit of Cowiche, WA, our dream of an ideal running/racing venue in Central Washington has been realized. The grass is in over most areas of the course, and the trails are looking good. The multiple loop courses are very similar to last year's, with just the start/finish area being moved to better accommodate some parking issues.

Venue: Apple Ridge Run Cross Country Course – 5000 Naches Heights Road in Yakima.

Driving directions: From I-90 take I-82 toward Yakima. Get on HWY 12 as if heading to Naches. After passing the 40th Avenue exit, take the next left (Ackley Road). At the end of Ackley (a short road), take a left onto Powerhouse Rd., followed by an immediate right onto Naches Heights Road. After about five miles, Naches Heights comes to a stop sign. Take a left at the sign. Then, take the very next right – a continuation of Naches Heights Road. After about a mile, you will look to make a left turn onto Wherry Road. This is a dirt/gravel road, and will lead you to the course parking lot on the right-hand side as you go down the road.

Schedule: College/Open Races: 10:30 a.m. – College Women (5K)
11:10 a.m. – College Men (4M)
Awards will follow conclusion of men's raceby approx. 20 minutes.

Entries: Please e-mail or fax a list of possible entries by Tue. September 18th. Entries are unlimited per school. Fax # 509 963-2390, or e-mail: adkisson@cwu.edu.

Entry Fee: \$50 per team entered (men or women), or \$100.00 for schools entering both squads. The cost for individuals/unattached runners is \$10.00. Please make checks out to "CWU".

Course Descriptions: The property consists of about six total miles of trails that are 10 feet wide (30' in the start and finish areas). The course set-up involves a basic 2K loop that will be run by both men and women, and a slightly different loop to start and finish. The course surface is mostly grass and dirt, with some areas of groomed gravel. There is rolling terrain and one fairly good sized hill. The course is a good one for either flats or spikes.

Awards: T-shirts will be presented to the top 5 individuals in each race.

Facilities: Portable "restrooms" will be available for all in attendance. There is no running water at the race site, however, drinking water will be available.

Important Information: PLEASE inform coaches, athletes and spectators that staying on the trails, roads or other designated areas is extremely important! Our course is surrounded by private orchards where there can be no trespassing. PLEASE remind folks to stay away from the apples in the orchards. The red delicious may still be on the trees and their sheer size and beauty may attract "unlawful pickers".

Thanks for your time and willingness to visit our course, which we believe will be one of the best around as it continues to develop in years to come. Please contact me if you have any questions.

Kevin Adkisson – CWU Cross Country and Track & Field Coach (509) 963-1956, adkisson@cwu.edu.