

# CWU - APPLE RIDGE INVITATIONAL

## 4th ANNUAL CROSS COUNTRY MEET

### September 13, 2008

Welcome to the 4th 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 a top-notch running/racing venue in Central Washington is being realized. Course improvements continue to make this site even better as we prepare to host the GNAC Championship in Oct. The multiple loop courses are very similar to last year's, and will be on the courses expected for the GNAC meet.

**Location:** Apple Ridge Run Cross Country Facility – 5000 Naches Heights Road, Yakima, WA

**Directions:** From Ellensburg, take I-82 towards Yakima, and then change to Hwy 12 to Naches. After passing the 40<sup>th</sup> Ave. exit, take the next left (Ackley Rd.). At the end of Ackley (a very short road), take a left onto Powerhouse Rd., followed by an immediate right onto Naches Height Road. After approx. five miles, Naches Heights Rd. is split by a stop sign. Take a left at the sign, and then the very next right to continue on Naches Heights. After a bit over a mile the road will curve left and you will come to the Naches Fire Station. Take a left at the fire station and proceed down the dirt road between the orchards. Parking is alongside the course at the bottom of the hill. Buses can return to the fire station lot to park after dropping teams off.

**Schedule:** College/Open Races: 11:00 a.m. – College Men (8K)  
11:45 a.m. – College Women (6K)  
Awards will follow conclusion of women's race by approx. 20 minutes.

**Entries:** Please e-mail or fax a list of possible entries by Tue. September 9<sup>th</sup>. Entries are unlimited per school. Fax # 509 963-2390, or e-mail: [adkisson@cwu.edu](mailto: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. 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. 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 those 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. Please contact me if you have any questions.

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