



Fall 2014

Dear Runner,

Congratulations on being named a Checkers A.C./Runner's Roost Runner of the week! Each week during the season a panel of coaches selects Western New York's top high school runners. This honor is celebrated at the end of a season with a cross country race that will determine all Western New York honors.

We are pleased to announce a new and improved version of this race which will be held November 16, 2014 at Chestnut Ridge Park. The girl's race will start at 11:00 and the boy's race at 11:30. This year will feature new shirt designs, a new location, new awards, and pizza for after the race.

Due to this being a post season race, school uniforms are not allowed to be worn. When you show up on race day, a parent and/or coach will need to be present to sign a waiver for those runners under the age of 18. We encourage you to come and race with fellow teammates and competitors to determine the very best in Western New York high school running.

Please contact us with any questions.

Amy Fakterowitz (Amyfakt@aol.com) or Jerry Irving (Jirving@moog.com)

We look forward to seeing you there! Good luck with the remainder of your season!

Amy and Jerry