

35th Annual

Mason High School

Cross Country Invitational

Saturday – September 12, 2009

Location: Mason High School - Mason, Ohio

Schedule

6:50 am	Arrive at High School
7:00 am	Bus departs for Mason
8:15 am	Arrive at Mason High School
9:45 am	High School Girls Varsity II Race
11:45 am	High School Boys Varsity II Race
12:15 pm	High School Boys Reserve Race
12:45 pm	Junior High Girls Varsity Race
1:45 pm	Junior High Boys Varsity Race
2:45 pm	Bus departs for Eaton
3:45 – 4:00 pm	Arrive at High School

Miscellaneous

- 1.) A concession stand will be available at the meet. Bring money or pack yourself a bag `lunch. We will not stop on the way back home so come prepared.
- 2.) Everyone should eat breakfast before leaving home. Do not come to the meet on an empty stomach, it's tough to race on empty stomach. Put fuel in the engine!
- 3.) Restrooms are readily available.
- 4.) There is not an admission charge.
- 5.) Bring 2 pairs of dry socks.
- 6.) Pack your running/racing gear Friday night, it will save time on Saturday morning.

Directions

Take US-127 South to Hamilton

Turn left on High Street

Follow High Street until it becomes St. Rt. 129 (Michael A. Fox Highway)

Follow 129 to I-75

Go South on I-75 to the Tylersville Road Exit

Turn left off the Tylersville Exit

Stay on Tylersville Road until you come to Mason-Montgomery Road

Turn left on Mason Montgomery Road (which runs in front of the high school)

Go just past the high school and turn right at the Pine Hill Park entrance.

"Mind is everything: muscle - pieces of rubber. All that I am, I am because of my mind."



Paavo Nurmi

Olympic Games / Medals

Gold	1920 Antwerp	10000 m
Gold	1920 Antwerp	8000 m cross country
Gold	1920 Antwerp	8000 m cross country team
Gold	1924 Paris	1500 m
Gold	1924 Paris	5000 m
Gold	1924 Paris	5000 m cross country
Gold	1924 Paris	5000 m cross country team
Gold	1924 Paris	3000 m team
Gold	1928 Amsterdam	10000 m
Silver	1920 Antwerp	5000 m
Silver	1928 Amsterdam	5000 m
Silver	1928 Amsterdam	3000