

## Assumption HS Frosh-Soph and JV Race #1 (Wed, Sept 3)

Race distance: 3k (just under 2 miles)

Location: River Road Country Club

(corner of Zorn Avenue and River Rd, by the Water Tower)

This is a **very low key meet** that allows our less experienced runners to compete against girls on their level. We typically get schools like Manual Mercy, Central, etc., and there are usually only a few teams.

**Practice on Wed, Sept 3:** everyone will be going to River Road this day, either to practice or to race. I.e., our team is helping to host this race, so ***we will be practicing at River Road before the meet.*** Group A girls are encouraged to stay and support their teammates, but will not be required to stay.

**Group B girls must show up on time and stay until the meet is over.** Please do not ask unless an emergency situation arises (which we will treat in the same manner as practice). This includes Group B girls who are not racing, as we will be using these girls to help in running the meet. We will need help in picking up after the meet ends. Note that any girls who show up late (JV girls after 4:20, and FS girls after 4:45) will be **required** to stay and help with cleanup after the meet ends.

Entries are as follows.

### **JV race entries** (race start 5:30pm, arrive no later than 4:20pm)

Megan Archer	Bailey Everslage	Sara Jones	Stephanie Roberts
Carlee Ballard	Harper Fearneyhough	Hannah Kalmer	Katie Rose
Macy Bean	Claire Frisbie	Chrissy Kaninberg	Lindsey Rumrill
Abby Bennett	Claire Gardone	Hailie Kopp	Claire Sass
Amelia Blake	Keegan Gray	Morgan LaMaster	Katie Scheler
Annemarie Blessinger	Bailey Hanks	Holly Maupin	Renee Spalding
Lucy Braun	Carly Hanks	Mallory McCarty	Madison Spencer
<del>Alexis Burton</del>	Danielle Head	Elizabeth Meisel	Addie Sternberg
Melissa Caldwell	Sophie Holbrook	Morgan Monsour	Vanessa Streble
Tara Clements	Morgan Hubbs	Katie Mueller	Emily Stuber
Adriana Conway	Sarah Johnson	Lauren Raeber	Maddie Taylor
Ally Duncan	Haley Johnson	Colleen Raidt	Shelby Weigel
Kaitlyn Dwyer	Kate Jones	Carlee Renneisen	Charlotte Yang

### **Frosh-Soph race entries** (race start 6:20pm, arrive no later than 4:45pm)

Rosie Bartley	Karlee Fuller	Anna Lawrence	Kiah Pike
Mallory Bowman	Lauren Glover	Caitie Licciardi	Emily Porter
<del>Elena Brian</del>	Jessie Greive	Emma Lomax	Rosemary Scarpaci
Kara Bruns	Kathryn Hall	Katie Marx	Delaney Schaefer
Sam Buck	Abby Harlan	Bailey Masterson	<del>Grace Schoettmer</del>
Audrey Cissell	Megan Haupt	Allison Matis	Emma Sternberg
Lydia Clements	Anne Hickey	McKenzie Mattheu	Alexis Stratman
Bridget Coleman	Ashley Hommrich	Olla Miles	<del>Allie Thomas</del>
Marissa Coon	Claire Hubbuch	Nadia Miles	Sydney Tudor
Lucia Croce	Ashley Joiner	Savannah Mudd	Olivia Westbay
Katie Dumoulin	Clare Justice	Ally Mueller	Lucy Wieland
Ainsley Duncan	Caroline Keifer	Riley Newman	Sabrina Yost
Claire Dyar	Julia Kilcourse	Sophia Norman	Isabel Caddo
			Molly Williams

If you cannot attend this meet, then we do need to know asap. Be aware that if you are in Group B, missing this meet means you have to get your third meet in on another day. If something happens on race day, then you do need to contact a coach. Simply not showing up is grounds for dismissal, and obviously not up to the standards of responsibility we expect from our girls.

We will race in our white uniform top and black shorts, but please arrive with your podium shirt over the uniform top. If you do not have the appropriate shorts, then you cannot race that day.

You may wear a watch during the race and jewelry.

**Park location:** River Road Country Club is on the corner of River Road and Zorn Avenue, right by the I-71. For girls coming to the park from Assumption, it'd be easiest to just take the I-264 East to the I-71 South (toward Louisville) and exit at Zorn Ave, Exit 2. The park is visible from the exit, it's to your right, so turn right from the exit and then your first left into the park. This is illustrated in the picture below.

