



**29th Annual  
Burnt Hills-Ballston Lake  
Cross Country Invitational**

Dear Coach,

July 2010

We are inviting your school to the 29th Annual Burnt Hills Cross Country Invitational. This year we will hold the Invitational on Saturday, October 16, 2010. Enclosed you will find an information sheet with all of the details. We again will be running a boys and girls modified race. The first race goes off at 9:30 am.

If you plan on attending, please fill out the portion below and mail it as soon as possible. We will accept the first 70 team entries received by September 22. We would appreciate it if both the boys' and girls' teams could share this entry form and information.

Also, please email a copy of your team's rosters to **invy@bhblrunners.com**. Please send them in by October 1, 2010 in order for us make pre-printed labels for your team.

We are looking forward to seeing you and your team this fall. Good luck!

Sincerely,

*Bob McGuire*, Director  
Physical Education/Athletics  
BH-BL Schools

*Chip Button*, Meet Director  
Cross Country Coach

**Entry deadline is Wednesday, September 22, 2010  
Either voucher or check and rosters must be in by October 1, 2010**

**Yes, we are planning on attending the 2010 Burnt Hills Invitational.**

School: \_\_\_\_\_ Enrollment 10-12: \_\_\_\_\_

School Address: \_\_\_\_\_

BOYS Team Varsity \_\_\_\_\_ JV \_\_\_\_\_ Frosh \_\_\_\_\_ Modified \_\_\_\_\_

BOYS Coach: \_\_\_\_\_ Email: \_\_\_\_\_

School Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_

GIRLS Team Varsity \_\_\_\_\_ JV \_\_\_\_\_ Frosh \_\_\_\_\_ Modified \_\_\_\_\_

GIRLS Coach: \_\_\_\_\_ Email: \_\_\_\_\_

School Phone: ( \_\_\_\_\_ ) \_\_\_\_\_ Home Phone: ( \_\_\_\_\_ ) \_\_\_\_\_



## 29th Annual Burnt Hills-Ballston Lake Cross Country Invitational

**Date:** Saturday, October 16, 2010

**Time:** First race starts at 9:30 am

**Location:** Saratoga State Park, Saratoga Springs, NY

**Course:** Varsity/JV: 3.05 mile course  
Freshmen/Modified: 1.7 mile course

**Divisions:** The number of entries received by September 22, 2010 and the enrollment in grades 10-12 will determine divisions. Divisions will be posted on [www.bhblrunners.com](http://www.bhblrunners.com) during the week before the meet.

**Number of Runners:** Each team is permitted seven (7) Varsity runners. You must run a complete varsity team in order to run a JV team. JV, Freshmen and Modified runners are unlimited.

**Awards:** Top 50 in each and every race (1st-25th awarded medals, 26th-50th awarded ribbons)  
Shirt for winner of each race.  
Winning team (first 7) gets a shirt.  
Top 3 teams in Varsity (boys and girls)  
Top 2 teams in JV, Freshmen and Modified (boys and girls).

**Entry Fees:** \$125 per school (for both boys *and* girls teams)  
\$70 per school (if *only* boys team or *only* girls team)

Please mail completed Registration Form, Check or Voucher to:

Burnt Hills Track Club  
c/o Chip Button  
Burnt Hills-Ballston Lake High School  
88 Lake Hill Road  
Burnt Hills, NY 12027

Checks are payable to: **Burnt Hills Track Club**

**For additional information:**

Bob McGuire (Athletic Director): (518) 399-9141 (high school)

Chip Button (Meet Director): (518) 399-9141 (high school), voicemail 3374  
(518) 533-8845 (cell)  
(518) 583-1408 (home after 6 pm)  
email: [cbutton@bhbl.org](mailto:cbutton@bhbl.org)

Be sure to check [www.bhblrunners.com](http://www.bhblrunners.com) for info as well as race results and photos.



## 29th Annual Burnt Hills-Ballston Lake Cross Country Invitational

Dear Coach,

July 2010

The planning for the **29th Annual Burnt Hills Cross Country Invitational on October 16, 2010** is well underway. We hope we are included in your plans again this year and you can be assured that we will do everything we can to ensure a great day of racing.

This year, the first race of the day is the girls modified race, which will be starting at 9:30 am. We will be awarding medals for the first 25 finishers and ribbons for the next 25 in each and every race. We will also continue to award a champion's shirt to the winner of each race, along with a team champion's shirt for the winning team and coach.

Since several teams are traveling some distance we have been asked for overnight recommendations. There are several hotels right in the downtown Saratoga area. Another good option would be Clifton Park, which has a large variety of hotels and restaurants and is only 20 minutes away from the park. (See inset below.) Please feel free to share this information with any of the runner's families who may be interested in coming to see the races. Also below are some driving directions to Saratoga State Park for your convenience.

If you have any questions, please feel free to email us at [invy@bhblrunners.com](mailto:invy@bhblrunners.com). We look forward to seeing you this year at the Invitational!

Sincerely,

*The Burnt Hills Track Club*

### **Driving Directions to Saratoga State Park**

#### **From the South:**

NY State Thruway north to Exit 24 (Albany). Get on I-87 (The Northway) headed north, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rt. 9 North and continue for approximately 2.5 miles. Pass through a traffic light with Saratoga Honda on the right. Signs for the entrance to Saratoga Spa State Park will be on your left. Turn left onto Avenue of the Pines. Follow the Avenue of the Pines through the park. Bear right at the fork. There are several areas to park.

#### **From the West:**

NY State Thruway to Exit 28, Fultonville. Head toward Johnstown and follow Rte. 29 to Saratoga Springs. Rte 29 intersects with West Avenue. Take a right on West and follow to Rte. 50. Left onto Rte. 50, and then a right onto Avenue of the Pines.

#### **From the North:**

Take I-87 (The Northway) south to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rte. 9 North. (See directions from the south).

#### **From the East:**

Take the Mass. Turnpike to the NY State Thruway, to Exit 24, Albany. Get on I-87 (The Northway) headed north, to Exit 13N (Saratoga). As you exit at 13N, turn right off the ramp onto Rte. 9 North. (See directions from the south).

### **Hotels in the Clifton Park/ Malta Area**

Clifton Park is right at Exit 9 off I-87 (The Northway). It is approximately 20 minutes to Saratoga State Park, straight up the Northway, or Route 9.

**Comfort Inn** 41 Fire Road, Clifton Park (518) 373-0222.

**Best Western** Rte. 146 and Plank Road, Clifton Park (518) 371-1811.

**Hampton Inn** 620 Plank Road, Clifton Park (518) 373-2345.

**Fairfield Inn** 101 Saratoga Village Blvd., Malta, NY (exit 12) (518) 899-6900.

### **Restaurants Near Motels in Clifton Park:**

TGI Fridays, Red Robin, Applebees, Ruby Tuesdays, Outback, Panera, Ninety-Nine, Friendly's, Chili's.