



# Burnt Hills Ballston Lake Cross Country

Fall 2009

Track Club Update

[www.bhblrunners.com](http://www.bhblrunners.com)

## XC Season is Finally Here!

Welcome to all new and returning runners, coaches and families - the fall 2009 season has officially begun! We're looking forward to another successful and exciting season for all.

### Upcoming Events

Sat. Sep 12

*Guilderland Invitational @  
Tawasentha Town Park*

Tues. Sep 15

*Home meet vs. Niskayuna/Saratoga  
@ Saratoga St. Park*

Tues. Sep 22

*Home meet vs. B Spa/Bethlehem @  
Saratoga St. Park*

Sat. Sep 26

*Baldwinsville Invitational*

Wed. Sep 30 @ 7pm in Red Rm.

*Invy meeting. ALL parents invited.*

Sat. Oct 3

*McQuaid Invitational in Rochester*

**\*\*Sat. Oct 17\*\***

*BH-BL Invitational @ Saratoga State  
Park*

Sat. Oct 31

*Suburban Council Championships @  
Saratoga St. Park*

Fri. Nov 6

*Sectionals @ Saratoga*

Sat. Nov 14

*NYS Championships @ Sunken  
Meadow Park, NY*

Sat. Nov 21

*Federation Championships @  
Bowdoin State Park, NY*

# XC 2009

### Track Club Board Members

Debbie Ubriaco 384-1806

*dubriaco@verizon.net*

Sharon Maughan 952-7518

*sharon@maughan1.com*

John & Simone 399-9506

McGuinness

*jmcginni@nycap.rr.com*

Mike & Michele 384-3295

Fernandez

*m.fernandez@earthlink.net*

Lauren Roecker 882-1569

*lroecker@nycap.rr.com*

Carolyn Wilk 952-7596

*cawnomad@aol.com*

Mike Stalker 399-3977

*michael.stalker@momentive.com*

### Stay in the Loop...

Make sure you check out our Burnt Hills-Ballston Lake track club website at [www.bhblrunners.com](http://www.bhblrunners.com) for all your up-to-date XC info: schedules, meet results, photos, and links to other track websites. This valuable resource is just one click away - [www.bhblrunners.com](http://www.bhblrunners.com).

### We Want Your Photos!

We encourage anyone and everyone to share pictures taken during the XC season. You can give us your digital photos on a CD or e-mail them directly to us at [photos@bhblrunners.com](mailto:photos@bhblrunners.com). These pictures will be used for the annual end of the season multi-media presentation and yearbook. For more information, please contact Sharon Maughan ([sharon@maughan1.com](mailto:sharon@maughan1.com)).

## Cross Country 101

Here's a little cheat sheet for all of you new to XC that may be helpful at upcoming meets:

Each meet usually consists of 6 separate races: Freshmen Girls, Freshmen Boys, JV Girls, JV Boys, Varsity Girls and Varsity Boys. (Often, JV and Varsity races run together.) The number of runners in Freshmen and JV races are unlimited but only 7 runners can run in the Varsity races. (These 7 are designated by the coaches prior to the start of the race.) The top 5 runners for each team score. Each place finish is recorded for each team and their places are added up to produce a team score. Each runner is handed a numbered card at the finish line (the number is their place finish in the race.) A parent volunteer collects their card and attaches a label with their name on it. These cards are then turned in to the scorers so the meet can be scored.

The lowest score wins the meet. The best possible score is 15 points. This happens when the first 5 runners to cross the finish line are on the same team. ( $1+2+3+4+5=15$ )

Our home course is at Saratoga State Park. The Freshman course is 1.7 miles long and the JV/Varsity course is 3.05 miles.



## Show that Spartan Spirit!

Looking for a great way to support our Burnt Hills-Ballston Lake cross country runners and show your team spirit? Our car magnets and license plate frames are the perfect solution!



The maroon and white magnets, sold in both "cross country" and "track and field" styles, can be purchased for just \$5 each from the BH-BL track club.



Our license plate frames, which sell for \$6 each, are white with maroon lettering and have both cross country and track and field on the same frame.

Pick up your magnets and license plate frames today and let everyone know you're a fan of Burnt Hills-Ballston Lake XC!

Need another way to show your team spirit? Order a BH-BL Track Club t-shirt! (see shirt logo on left, 100% cotton, long-sleeved, maroon and white, sizes sm, med, lg, x-lg, \$20). Please contact Lauren Roecker ([lroecker@nycap.rr.com](mailto:lroecker@nycap.rr.com)) with name and size.

**In addition to our [bhblrunners.com](http://bhblrunners.com), check out these websites:**

[www.section2harrier.com](http://www.section2harrier.com) \* [www.tullyrunners.com](http://www.tullyrunners.com) \* [www.dyestat.com](http://www.dyestat.com) \* <http://ny.milesplit.us>