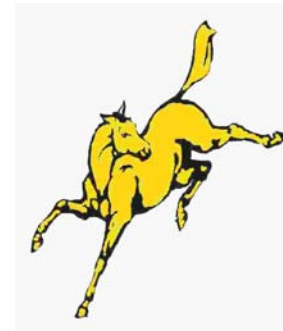


2006 USATF-NE JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

**HOSTED BY
AMHERST TRACK CLUB
TOWN OF AMHERST RECREATION DEPARTMENT
USATF-NEW ENGLAND ASSOCIATION
FREESTYLE FARM LLC**



SUNDAY NOV. 5 - AMHERST TRACK CLUB X-C FESTIVAL SUNDAY NOV. 12 - USATF-NE JUNIOR OLYMPIC XC CHAMPIONSHIPS

The Amherst Track Club, in conjunction with USATF New England, Freestyle Farm LLC and the Town of Amherst Recreation Department, will host the 2006 USATF New England Junior Olympic Cross Country Championships on Sunday November 12.

On November 5, the team will host the Amherst Track Club X-C Festival, an XC event that will consist of an open 5k race, youth 3k and 4k races and a 1.25k youth XC steeple chase. The XC races will be run on the same courses as will be used for the JO-XC meet on Nov. 12.

From the Meet Directors:

We are making a concerted effort this year to host a championship meet that is focused on young athletes. With the proper attention to the setting, the structure of the meet and how we interact with young athletes, we intend to create an environment in which cross country is experienced as sport rather than simply competition.



Here are a few of the features of the meets and information about the event site.

Amherst Track Club (www.eteamz.com/amherstrack)

George Bower, Meet Director (email: track@AmherstNH.gov 603-673-4454)

Pete Vendituoli, Assistant Meet Director (email: pete@vendituoli.mv.com)

Course Modifications - The events this fall will see the first large scale usage of the new start-finish area and new layouts for the 3k, 4k and 5k courses. The course modifications allow for an expanded start while retaining the same high quality trail surfaces. The amphitheater setting for the start/finish provides excellent viewing for spectators and ample area for team setup. **Course maps are available at the [Amherst Track Club web site](http://www.usatfne.org/jo/index.html) or from the USATF-NE site at (<http://www.usatfne.org/jo/index.html>).**

Course Walks - Course walks will be conducted starting 90 minutes prior to the first race of the meet. At the New England JO Championship meet on Nov 12 a second course walk will begin at 12:15 pm.

Watching the Races - The races can be viewed from several good vantage points on the course. Look for the course maps in the Indoor Arena and at the start. We encourage coaches, parents and spectators to walk the courses to watch the races. Please do not interfere with runners - they are the primary users of the course. Stay as close to the edge of the trail as possible and always walk single file.

NOV 5 AMHERST TRACK CLUB XC FESTIVAL Entry Forms: www.eteamz.com/amherstrack

9:30 - 11:30 am	XC Racing Clinic
12:00 noon	5k Open
12:30 pm	3k Youth (12 and under)
1:00 pm	4K Youth (13-14)
1:30 pm	1.25k Youth Steeplechase

NOV 12 USATF-NE JO-XC CHAMPIONSHIPS Entry Forms: <http://www.usatfne.org/jo/index.html>

10:30 a.m.	3000 meter Bantam Girls
11:00 a.m.	3000 meter Bantam Boys
11:30 a.m.	3000 meter Midget Girls
12:00 noon	3000 meter Midget Boys
1:00 p.m.	4000 meter Youth Girls
1:30 p.m.	4000 meter Youth Boys
2:00 p.m.	5000 meter Intermediate Boys
2:30 p.m.	5000 meter Young Men
3:00 p.m.	5000 meter Intermediate Girls and Young Women

The XC Race Courses - The cross country races will be run on groomed trails that surround a 50+ acre pond. The trail surface is grass and dirt, level, and with excellent footing. Most of the terrain is gently sloping with a series of short hills. There are no paved surfaces and no vehicles on the course. XC racing shoes or XC spikes recommended. The course will be marked with colored flags and a white, lime line. Course maps are available online at the [Amherst Track web site](http://www.usatfne.org/jo/index.html) or from the Junior Olympic page at the USATF-NE site (<http://www.usatfne.org/jo/index.html>)

Directions to Freestyle Farm - Freestyle Farm is approximately 1:20 minutes from Boston. Directions can be downloaded from the [Amherst Track web site](http://www.usatfne.org/jo/index.html) or from the Junior Olympic page at the USATF-NE site (<http://www.usatfne.org/jo/index.html>)

Parking - Most parking will be moved to the former start-finish field, behind the indoor riding arena. Limited parking will be available near the new start-finish area for officials, buses, vans and handicapped parking. Parking is allowed only in designated areas. No parking is allowed on Mack Hill Road.

Meet Registration - Packets and numbers for pre-registered athletes can be picked up in the Indoor Arena. Day of the meet registration will also be in the Indoor Arena. Everyone benefits when you pre-register.

Restrooms - Portable toilets will be available adjacent to the indoor riding arena and near the starting line.

Team Areas - Team tents may be set up on the hill near the start/finish area. Teams may also set up in the indoor arena. Remember to bring camp chairs and a tarp if you use the indoor arena as the surface is dirt.

Concessions - Hot and cold concessions will be available on both Nov 5 and Nov 12. Snacks, drinks, fruit, coffee, grilled items, chili and much more will be available at the indoor arena and the start-finish area.

Carry-In/Carry-Out - All teams and spectators are asked to carry out any trash that they carry in. Please respect your opportunity to use the facility and properly dispose of any litter that you find.

First Aid - An athletic trainer and EMT squad will be on site for both meets. They will be stationed by the start area and available via cell phone. Contact phone numbers will be posted at the Indoor Arena.

Athletes with Special Needs - We ask that you provide the Meet Director or the on-site training/EMT staff with appropriate information about athletes who have medical conditions or special needs that may require care during the event.

T-Shirts, Etc - USATF race t-shirts will be on sale in the Indoor Arena on November 12. The Amherst Track Club will have hooded sweatshirts, flannel pajama pants, and fleece blankets in a selection of sizes for runners to buy as a souvenir of the race. These are top-quality sportswear embroidered with the race logo. George and Phillips from Exeter NH will have a tent at the Nov 12 meet and will be selling running shoes, racing shoes and spikes, clothing and other running related items.

The 'I Forgot It' Tent - If you forgot to pack it, don't worry, they will have it at the 'I Forgot It' tent by the indoor arena. 'Lost and Found' will be located here as well.



Equestrian Activities - Riding/jumping demonstrations will be presented on the afternoon of the November 12th and tours will be offered at the end of the meet.

About Freestyle Farm - Freestyle Farm is a privately-owned, 180 +/- acre equestrian center located at 188 Mack Hill Road in the northern part of Amherst. The center provides facilities for the boarding and training of event horses and welcomes the public to visit and to participate in equestrian and other events. Freestyle Farm endeavors to maintain the rural character of Amherst through preservation of open space and the agricultural heritage of the town. Freestyle Farm is a private equestrian facility that is not open for use by the general public.