

4th ANNUAL

Big Bend Mountain Ramble



Mile High

CROSS COUNTRY MEET

Alpine, Texas

Saturday, October 3, 2009

Welcome to
THE HIGHEST RACE IN TEXAS!
in the beautiful high-country west of Alpine.

We're tweaking the courses this year to make it even more fun for runners and spectators alike!

VISIT THE BIG BEND MOUNTAIN RAMBLE WEBPAGE AT

<http://www.alpine.esc18.net/MP.cfm?P=5957&>

FOR COMPLETE INFO, MAPS, AND MORE!

Race Schedule:

Elementary Fun Run	– 9:15 am	0.55 miles
HS Girls	– 9:30 am	2.4 miles
Jr. High Girls	– 10:00 am	2.1 miles
Jr. High Boys	– 10:30 am	2.1 miles
HS Boys	– 11:00 am	3.3 miles

(We're running the High School Girls earliest to accommodate coaches whose runners have volleyball matches later on in the day.)

Fees:

\$6.00 per runner *(Please make payment to ALPINE CROSS-COUNTRY)*

- Entry in the Fun Run is free – you just need to sign in. Parents may run with their youngsters.
- All Fun Run finishers get a medal!

Awards:

Medals will be awarded to the first 20 finishers in each division.

- First Place and Runner-up Team trophies will be awarded in each division.

We'll also have **souvenir race T-shirts** with a very cool front design, and **featuring the names of all competing schools on the back.**

MULTICOLOR PRINT FRONT & BACK – ONLY \$10!



SATURDAY, OCTOBER 3rd, 2009

FOR MORE INFO, CONTACT

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