



2010 LAKE FOREST CROSS COUNTRY

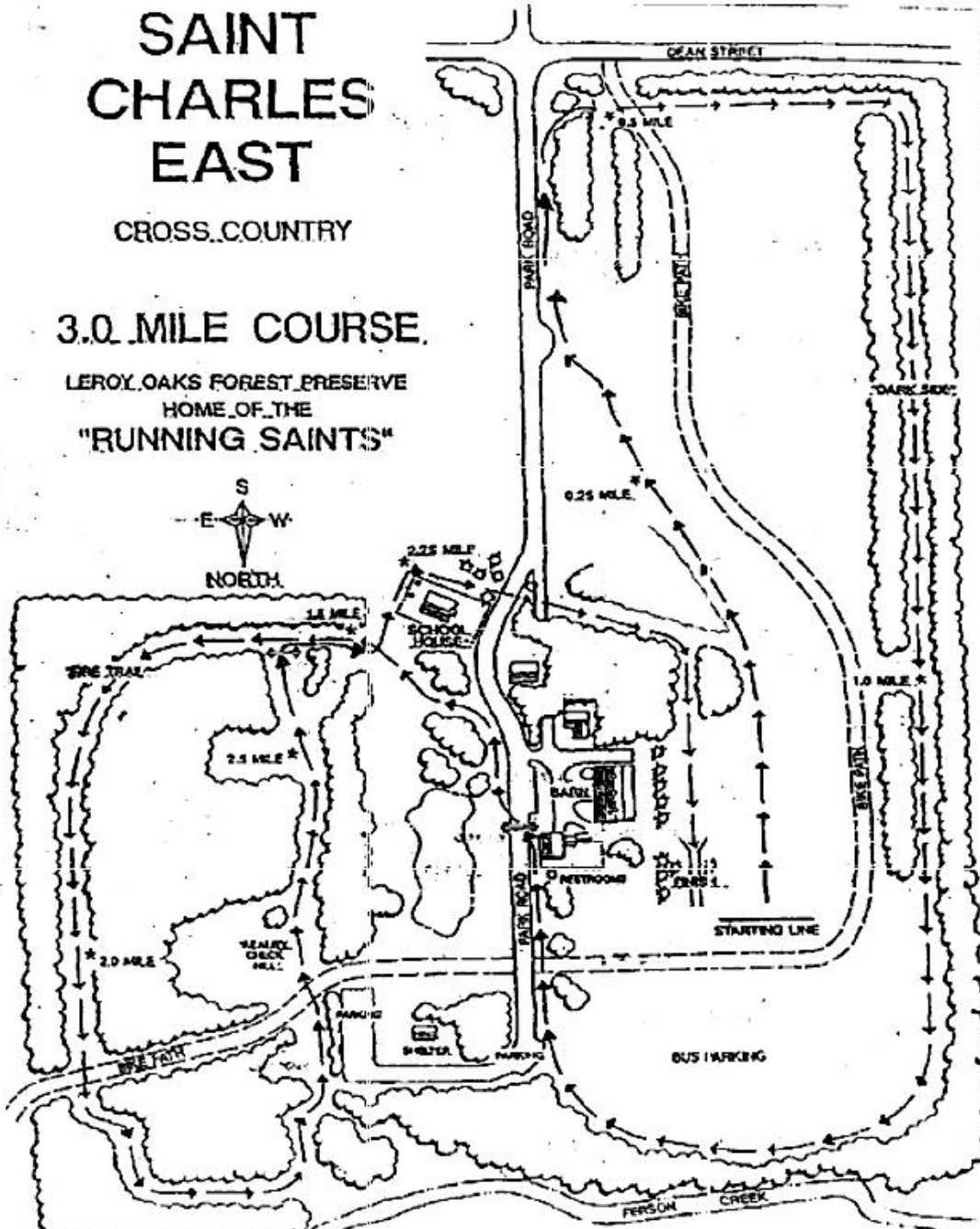
ST. CHARLES MEET INFORMATION

SAINT CHARLES EAST

CROSS COUNTRY

3.0 MILE COURSE

LEROY OAKS FOREST PRESERVE
HOME OF THE
"RUNNING SAINTS"



Bus: 6:15am

Race Schedule:

Girls Open	8:30 am
Boys Open	9:00 am
Girls Fr/So	9:30 am
Boys Fr/So	10:00 am
Girls Varsity	10:30 am
Boys Varsity	11:00 am

**Team Meeting
11:15!**

Varsity

Lauren Wyatt
Katherine McCauley
Caitlin Sperzel
Shelia Murphy
Ellie Revenaugh
Katie Murphy
Megan Lundahl

Frosh/Soph

Helen Schlachtenhaufen
Nina Demet
Lisa Bennatan
Brynn Streppa
Hannah Mowry
Pamela Rosales
Thea Milburn

OPEN RACE Race Time: 8:30am

- 7:45am – Warm-up 15 min
- 8:00am – Stretch & Meeting w/ coaches
- 8:15am – Report to start
- 9:25am – Cool down after team cheer for F/S race (2 miles)

FROSH / SOPH Race Time: 9:30am

- 8:25am – Warm-up (after Open race cheer) 15 minutes
- 9:00am – Stretch & Meeting w/ coaches
- 9:15am – Report to start
- 10:55am – Cool down (2 miles) after cheer for Varsity

VARSITY Race Time: 10:30am

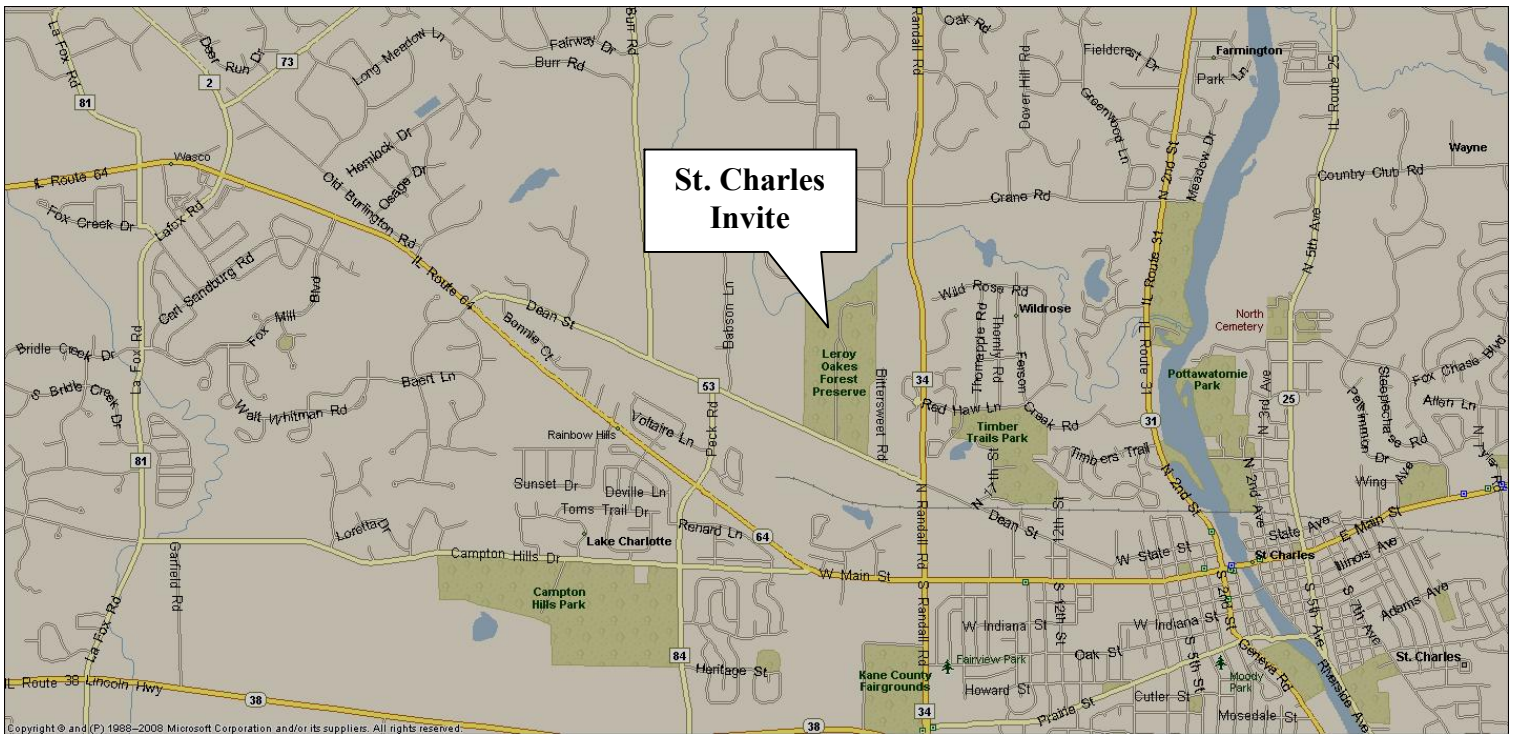
- 9:25am – Warm-up (after F/S race cheer) 15 minutes
- 10:00am – Stretch & Meeting w/ coaches
- 10:15am – Report to start
- 11:00am – Cool down (2 miles)



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ST. CHARLES MEET INFORMATION

Directions:



Summary: 48.8 miles (1 hour, 2 minutes)

Time	Mile	Instruction	For	Toward
9:00 AM	0.0	Depart N McKinley Rd on N McKinley Rd (South)	0.9 mi	
9:01 AM	0.9	Turn RIGHT (West) onto (E) Deerpath Rd	1.2 mi	
9:04 AM	2.2	Take Ramp (LEFT) onto US-41 [N Skokie Hwy]	0.4 mi	US-41
9:05 AM	2.6	Keep STRAIGHT onto Local road(s)	120 yds	
9:05 AM	2.7	Bear RIGHT (West) onto SR-60 [W Kennedy Rd]	6.7 mi	
9:14 AM	9.4	Turn LEFT (South) onto US-45 [S Lake St]	0.3 mi	
9:14 AM	9.7	Keep STRAIGHT onto SR-83	4.2 mi	
9:20 AM	13.9	Keep RIGHT onto Local road(s)	65 yds	
9:20 AM	13.9	Turn RIGHT (West) onto SR-53	3.4 mi	
9:24 AM	17.3	Road name changes to N Hicks Rd	0.7 mi	
9:25 AM	18.0	Turn RIGHT (West) onto SR-68 [E Dundee Rd]	6.5 mi	
9:33 AM	24.5	Bear LEFT (South-West) onto SR-59 [SR-68]	4.7 mi	
9:38 AM	29.2	Turn RIGHT onto Ramp	0.8 mi	I-90 / Rockford
9:39 AM	29.9	*Toll road* Merge onto I-90 [Northwest Tollway]	6.6 mi	
9:46 AM	36.5	Turn RIGHT onto Ramp	0.3 mi	Randall Rd
9:46 AM	36.8	Keep LEFT to stay on Ramp	87 yds	Elgin
9:46 AM	36.8	Bear LEFT (South) onto CR-34 [N Randall Rd]	11.5 mi	
10:00 AM	48.3	Turn RIGHT (West) onto CR-53 [Dean St]	0.4 mi	