

**MOUNT ST. JOSEPH
2011 Cross Country**

MSJ LIONS INVITATIONAL

Friday September 2nd

HERITAGE PARK, CINCINNATI, OH

- HOST:** College of Mount St. Joseph
- TIMES:** 5pm Women's 5K (3.1 miles)
5:30pm Men's 5K (3.1 miles)
- LOCATION:** HERITAGE PARK, CINCINNATI, OH
The land is reported to be the site of Fort Coleraine, the scene of a fierce Indian attack on Colerain settlers in the 1790's. Ground breaking for the park took place August 26, 2004
http://www.coleraintwp.org/heritage_park.cfm
- FACILITIES:** The park is located in Colerain Township @ 11405 East Miami River Road. There are a limited number of restrooms.
- COURSE:** Heritage Park is flat, has one mile of river frontage and is home to an abundance of wildlife species. The course will traverse through wooded nature trails & athletic fields. This scenic course will be mostly grass & trails with some short stretches on sand, gravel or paved road.
- CONTACT:** HEAD COACH PAUL LONGANO
(513) 244-4842 Paul_Longano@mail.msj.edu
ASSISTANT COACH TINA BLAKLEY
Tina_Blakley@mail.msj.edu
- Entries:** We will be using GHGTiming for our entries.
Their web site is www.ghgtiming.com
All entries must be received by 8:00 pm on Wednesday, August 31st.
- Course markings:** A solid line will aid the runners throughout the course. Appropriate flags and/or cones have also been placed on the course. A motorized vehicle will lead the runners over the course
- Trainers:** Will be located in a tent near the Finish Line. A paramedic and doctor will be onsite.
- Results:** Final results will be posted
- Facilities:** This is a township park without dressing facilities. Each team should arrive dressed & ready to run. If you have a team tent, we suggest that you bring it.