

*Welcome to the*  
**52<sup>nd</sup> Annual**  
**McQUAID JESUIT HIGH SCHOOL CROSS COUNTRY INVITATIONAL**

*Genesee Valley Park, Rochester, NY - October 1, 2016*

*42<sup>nd</sup> Annual*  
**McQuaid Alumni Challenge 3-Mile Open Cross Country Race**

**Complete Information**

**Alumni Challenge Race Online Race Entry Form:** <http://www.mcquaidinvitational.com/alumni>

**Course Map:** <http://www.mcquaidinvitational.com/course-info>

**Past Results Alumni Challenge Open Race:** <http://www.mcquaidinvitational.com/alumni>

**Information on the McQuaid High School XC Invitational** <http://www.mcquaidinvitational.com/>

**Race Date:** **Saturday, October 1, 2016**

**Start Time:** **Alumni Challenge Open Race Starts at 5:30 p.m.**

Note: There are 25 High School races featuring over 7,000 runners scheduled between 9 a.m. and 4:45 p.m. that will run before the Alumni Challenge Open Race. The Alumni Challenge race will be hosted by the Genesee Valley Harrier running club.

**Location:** A large scenic glen in Genesee Valley Park, on the southern outskirts of Rochester, NY, next to the I-390 Expressway. Directions available at: <http://www.mcquaidinvitational.com/directions>

**Entry Fee:** **Only \$15.00 Online Registration at:** <http://www.mcquaidinvitational.com/alumni>

Enter online by Noon (ET), Thursday, September 29, 2016.

No mail/phone/e-mail pre-registration available.

**Free T-Shirt guaranteed to all online registrants.**

**\$20.00 on site the Day-of- Race Registration**

Save money, time and effort and sign up early online – see above.

You can register in person on Saturday, October 1, 2016 between 3:30 pm and 5:15 pm.

NEW THIS YEAR: Day-of-Race Registration and **packet pick-up** for all will be at the Genesee Valley Park cross country course at the Red Creek Refreshment Shelter near the finish line – see directions to the course above.

We will only guarantee this year's T-Shirts to the online registrants.

Day-of-Race entrants may receive a T-Shirt while they last.

Make checks payable to "GVH". Entry fee is non-refundable.

**Awards:** Special McQuaid Invitational medals to the top three Male and Female finishers in each of the following age divisions: 14/under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+.

**Free refreshments will be available after the race for all finishers.**

**New Bob Bradley McQuaid Alumni Award:** Engraved Baton to the top McQuaid Jesuit HS alumnus.

**Course:** The Open Race is the last race of the day, after the 25 HS races, and will begin at 5:30 p.m. We use the same 3 mile cross country course as the Varsity HS races.  
Course map is available at: <http://www.mcquaidinvitational.com/course-info>

**Alumni Challenge Open Race History:**

You may have noticed that this is the 52<sup>nd</sup> year for McQuaid High School Cross Country Invitational but only the 42<sup>nd</sup> year for the McQuaid Alumni Challenge Open Race. This is not a mistake.

On September 28, 1975, the 11<sup>th</sup> Annual McQuaid Jesuit High School Cross Country Invitational was held at Genesee Valley Park. By this time (1975), this Rochester NY High School XC Invitational, begun as part road race from the school's Brighton campus in 1965, had already turned into one of the biggest high school sponsored cross country meets in the country. The leadoff race of the 1975 McQuaid Invitational was a six-mile McQuaid Alumni Challenge Open race co-sponsored by the McQuaid Jesuit High School Alumni Association and the Greater Rochester Track Club and was won by US Olympian and World Record Holder for the Indoor Mile, former Rochesterian, Dick Buerkle. This explains why the anniversary year for the Alumni Challenge Open race is always 10 years off the anniversary year for the HS Invitational. The race is still organized by the McQuaid Alumni Association now with the assistance of the Genesee Valley Harriers running club and we plan to continue the rich tradition of the McQuaid Alumni Challenge 3-Mile Open Cross Country Race for at least the next 42 or 52 years.

BTW – Complete results for the first 41 years of the Alumni Challenge Open Race can be found at:  
<http://www.mcquaidinvitational.com/alumni>

## 42<sup>nd</sup> Annual Alumni Challenge 3-Mile Open Race Official Day-of-Race Entry Form

### Waiver of Liability

I know that competing in this race is potentially a hazardous activity. I should not enter and compete unless I am medically able and properly trained. I agree to abide by any decision of a meet official relative to my ability to safely complete my race. I assume all the risks associated with competing in this race including, but not limited to: falls, contact with other participants, the effects of weather, including cold, snow and/or ice, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release USATF, the Monroe County Parks Department the Genesee Valley Harriers and McQuaid Jesuit High School, their representatives and successors from all claims or liabilities of any kind arising from my participation in this meet.

Signature \_\_\_\_\_ Date: 10-1-2016  
(Parent/Guardian must sign if under 18)

Print Name \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

E-Mail \_\_\_\_\_

H.S. Attended \_\_\_\_\_

### **\$20.00 Day-of- Race**

Save money, time and effort and sign up early online – see above.

You can register in person on Saturday, October 1, 2016 between 3:30 pm and 5:15 pm.

Day-of-Race Registration and **packet pick-up** for all will be at the Genesee Valley Park cross country course at the USATF Niagara tent near the finish line – see directions to the course above.

We will only guarantee this year's T-Shirts to the online registrants.

Day-of-Race entrants may receive a T-Shirt while they last.

Make checks payable to "GVH". Entry fee is non-refundable.

### FYI

We have posted a special Alumni Challenge Open Race website that includes 41 years of McQuaid Invitational Alumni Challenge Open Race results, a brief history of the event, a short bio of Coach Bob Bradley, a listing of past Open Race Champions and a listing of the top 30 performances over the years. Please do not contact McQuaid HS for information regarding the Alumni Challenge 3-Mile Open Race. They are too busy getting ready to run 26 High School races with 7000+ runners to answer questions about the Alumni Challenge Open Race that you can look up on the race information page at: <http://www.mcquaidinvitational.com/alumni>

For information on the High School portion of the McQuaid XC Invitational go to:  
[www.mcquaidinvitational.com](http://www.mcquaidinvitational.com)