

**2021 “Gilford at Gunstock”
Early Bird Cross Country Invitational
Thursday September 2, 2021**

Timing will be provided by Granite State Race Services, Bill Teschek, Head Timer.

All athletes must be entered in Direct Athletics by August 31st.. The entry process is two steps. You must first update your list of athletes. Then you will need to enter them into either the girls' race or the boys' race.

ENTRIES CLOSE SATURDAY AUGUST 31st. NO EXCEPTIONS!

Location: Gunstock Mountain Resort, Rt.11A, Gilford. GPS address is 621 Cherry Valley Road, Gilford 03249.

Time Schedule: Course inspection on own; 4:00 Boys Race, 4:45 Girls Race,

Awards: 1st Place team plaques, T-shirts to top ten finishers

Entry Fee: \$30.00 per team, \$60.00 full boys and girls team or \$5.00 per runner if less than 5 on team. Please make checks payable to Rick Acquilano - Early Bird, and mail to Gilford High School, Alvah Wilson Road, Gilford NH 03249. No team will run unless fee is paid in full by race day.

Course: 5K double track and wood chip trails with hills. Same course as last year.

Invited Schools: Belmont, Berlin, Bishop Brady, Hopkinton, InterLakes, Laconia, Mascoma, Moultonborough, Newfound, Portsmouth Christian, Prospect Mountain, White Mountains and Winnisquam

Parking: All buses and cars must use the main alpine lodge parking lot. Parking attendant will direct buses.

Questions: Kathy Aldridge fynanaldridge@metrocast.net
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Bill Teschek teschek@gmail.com

