



LORAS COLLEGE™

DR. ROBERT TUCKER – LORAS COLLEGE CROSS COUNTRY INVITATIONAL

TO: CROSS COUNTRY COACHES

FROM: BOB SCHULTZ – CROSS COUNTRY COACH – LORAS COLLEGE

RE: DR. ROBERT TUCKER – LORAS COLLEGE CROSS COUNTRY INVITE

DATE: FRIDAY, OCTOBER 16, 2009

TIME: WOMEN – 4:30 P.M. / MEN – 5:15 P.M.

PLACE: DUBUQUE SOCCER COMPLEX – DUBUQUE, IOWA
NORTHWEST CORNER OF JFK RD. AND NORTHWEST ARTERIAL

DISTANCE: WOMEN – 6K / MEN – 8K

COURSE RECORDS: WOMEN – 21:18 –MARY BRIDGET CORKEN–LORAS-2009
MEN – 25:08 – MARCUS MURPHY – LORAS – 2002

AWARDS: TOP 10 INDIVIDUALS IN EACH RACE WIN T-SHIRTS

ENTRY PROCEDURE: E-MAIL ENTRIES TO robert.schultz@loras.edu
INCLUDE FIRST NAME, LAST NAME AND YEAR IN SCHOOL
ALL ENTRIES MUST BE RECEIVED BY WEDNESDAY,
OCTOBER 14, 2009

ENTRY FEE: \$75 PER TEAM (MEN AND WOMEN SEPARATE) / \$15 FOR
INDIVIDUALS

SHOWERS: GRABER SPORTS CENTER ON THE LORAS COLLEGE CAMPUS

QUESTIONS: PLEASE FEEL FREE TO CALL THE CROSS COUNTRY OFFICE AT
(563) 588-7491 OR E-MAIL robert.schultz@loras.edu