



Our Core Meet Staff...

Organizer: Jason Byrne

Meet Directors: Jeff Kramer, Marty Winkel, Terry Hayden

Host School: Titusville High School

Timing/Results: Mike Hill & Chris Kail of Elite Timing

Announcer: Gary Cohen

Starters/Lead Officials: Dave Rittenour, Derek Monroe

Course Manager: Randy Minnihan

Parking: \$5.00

Free Admission

All vehicles must pay to park, except staff, buses or school vans.

Schedule of Events

FRIDAY

1:00pm Gates Open
 2:00 Packet Pickup, T-Shirts Open
 3:00 Coaches Meeting @ Start Line
 3:20 Girls JV Blue
 3:52 Boys JV Blue
 4:20 Girls Small School
 4:46 Girls Large School
 4:50 JV Blue Awards
 5:12 Boys Small School
 5:34 Boys Large School
 5:38 Girls SS/LS Awards
 5:56 College Women
 6:20 College Men
 6:24 Boys SS/LS Awards
 6:45 College Women Awards
 6:52 College Men Awards
 7:00 Break for Dinner
 8:00 Adam Goucher Meet & Greet @ IRC Methodist
 8:30 Goucher/Catalano Presentation @ IRC Methodist
 9:30 Presentation Concludes
 10:00 Bed Time!

Awards

Team Trophies:

1-3 ROC, 1-2 Varsity/College, 1 Middle School/JV

Individual Awards:

ROC Championship Statue and Medal; 2-30 Medals;
 1-15 Medals for Varsity and College; 1-10 Medals JS/JV

SATURDAY

6:00am Gates Open
 6:30 Packet Pickup & T-Shirts Open
 7:10 Coaches Meeting @ Start Line
 7:20 Boys/Girls Middle School Race
 7:50 Girls Race of Champions
 8:12 *Publix* Girls Invitational
 8:38 Boys Race of Champions
 8:42 Middle School Awards
 8:56 *CaptainU* Boys Invitational
 9:00 Girls ROC/Invitational Awards
 9:18 Girls Unseeded A
 9:46 Girls Unseeded B
 9:50 Boys ROC/Invitational Awards
 10:14 Boys Unseeded A
 10:36 Boys Unseeded B
 10:40 Girls Unseeded Awards
 11:00 Girls JV
 11:10 Boys Unseeded Awards
 11:30 Boys JV
 11:58 Mixed Community Open
 12:02 JV Awards

T-Shirts \$15

Sizes:

Small, Medium, Large, X-Large, XX-Large

Colors:

Gray, Light Blue, Pink, Orange
While supplies last! Come early!

Meet Records

High School Boys 5K

14:53.29 - Jimmy Clark (Creekside) 2010
14:55.48 - Ryan Pickering (Leonard) 2010
14:56.51 - Matt Mizereck (Leon) 2009
14:56.84 - Armando del Valle (Columbus) 2009
15:02.14 - Josh Brickell (Peachtree, GA) 2011

High School Girls 5K

16:41.42 - Ashley Brasovan (Wellington) 2006*
16:46.66 - Ashley Brasovan (Wellington) 2008
17:00.73 - Kathryn Fluehr (Community, Naples) 2009
17:04.15 - Kathryn Fluehr (Community, Naples) 2010
17:07.85 - Ashley Brasovan (Wellington) 2005**

* = Ed Radice Park ** = Little Everglades Ranch

Middle School Boys 2 Mile

10:52.22 - Kenneth Castro (Casanova MS) 2009

Middle School Girls 2 Mile

11:56.82 - Alexa Cruz (Miami Elite TC) 2011

College Men 5K

15:16.89 - James Post (North Florida) 2011

College Women 5K

17:35.20 - Joanne Pierre (Jacksonville U) 2011

Meet History – Race of Champions

Individual Champions (Girls then Boys)

2000 – Jil Gerber (Cypress Lake)	Matt Cianciulli (Flagler Palm Coast)
2001 – Kara Scanlin (Episcopal)	Steven Hassen (Ocala Vanguard)
2002 – Elly Kabboord (Cocoa Beach)	Ryan Deak (Maclay)
2003 – Jenny Barringer (Ovideo)	Eduardo Arguello (Belen Jesuit)
2004 – Jenny Barringer (Ovideo)	Justin Harbor (Flagler Palm Coast)
2005 – Ashley Brasovan (Wellington)	Justin Harbor (Flagler Palm Coast)
2006 – Ashley Brasovan (Wellington)	Anthony Morales (Flagler Palm Coast)
2007 – Emilie Amaro (Cypress Bay)	Bryan Suarez (Okeechobee)
2008 – Ashley Brasovan (Wellington)	Derek Wehunt (Sickles)
2009 – Kathryn Fluehr (CS of Naples)	Matt Mizereck (Leon)
2010 – Kathryn Fluehr (CS of Naples)	Jimmy Clark (Creekside)
2011 – Olivia Ortiz (Lakewood Ranch)	Josh Brickell (Peachtree Ridge, GA)

FLR 6 2005 →

Tiny frosh
Ashley
Brasovan
defeats much
larger senior
Kelly Parrish
17:07 to 17:13 in FLR VI in 2005,
the first major race held at Little
Everglades Ranch.



FLR 3 2002 - 2012 Olympian Sam Vazquez brings up the rear of a potent pack including Jeff Masterson, Ryder Leary, Steven Hassen, Ryan Deak, and Coleman Hoover. Vazquez finished fourth in 15:47. Deak outkicked Leary to the line in 15:23 each.

Team Champions (Girls then Boys)

2000 – Bishop Kenny	Winter Park
2001 – Our Lady of Lourdes	Gulliver Prep
2002 – Holy Trinity	Bishop Kenny
2003 – Bishop Kenny	Chiles (15:55)
2004 – Lourdes	Winter Park
2005 – Episcopal	Warwick Valley, NY
2006 – Episcopal (18:49)	Georgetown, TX
2007 – Episcopal	Tampa Jesuit
2008 – CS of Naples	Belen Jesuit
2009 – Winter Park (18:44)	Dr. Phillips (15:56)
2010 – Lakewood Ranch	Belen Jesuit
2011 – Estero (18:53 Avg)	Belen Jesuit (15:50 Avg)

Publix®



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Fun things to do at the Meet

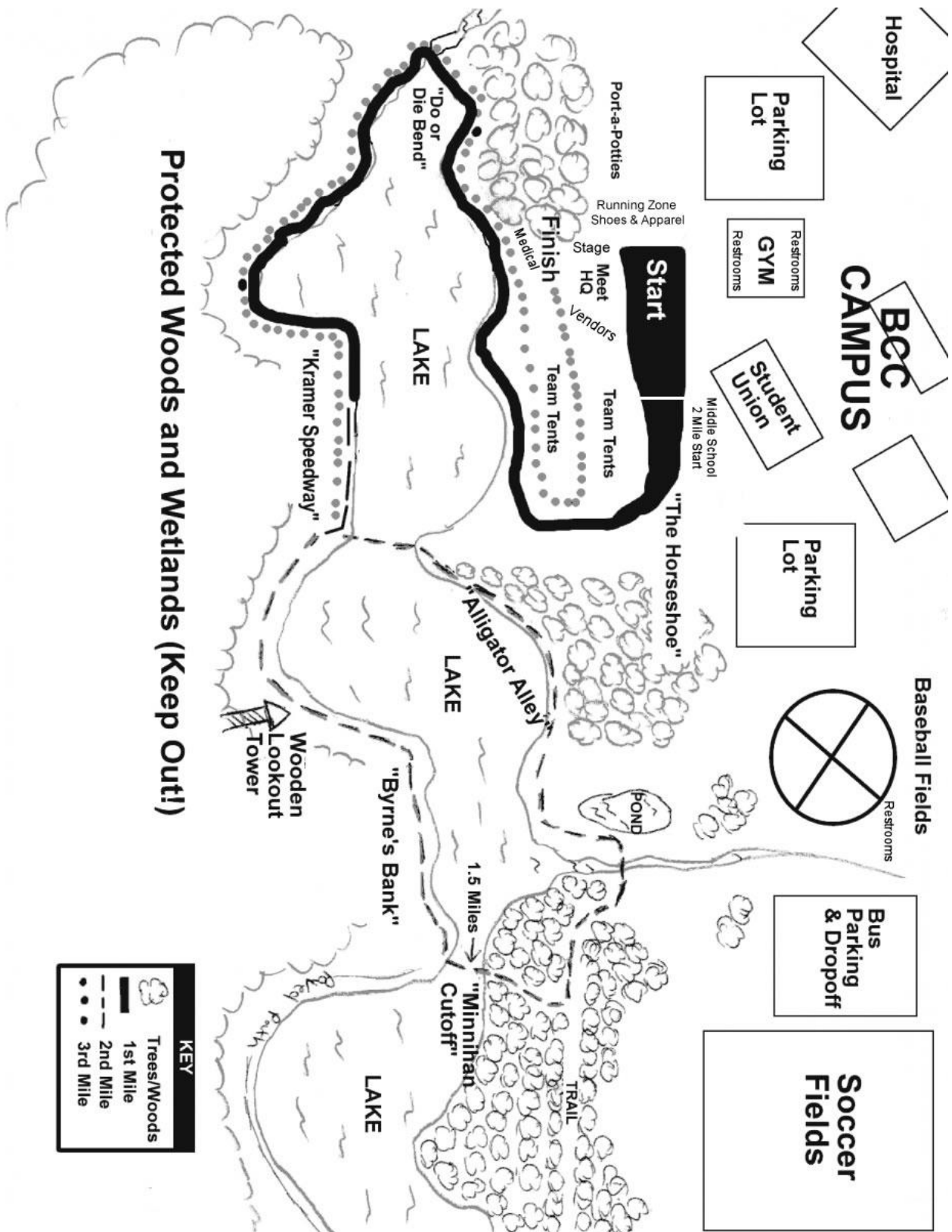
- Get your face painted for free with your team's mascot (or anything you like).
- Shop at the Running Zone tent for some shoes, clothing, or nutrition gels.
- Meet Olympian Adam Goucher and co-author Tim Catalano and get them to sign an autograph.
- Buy your coveted flrunners.com meet t-shirts in your favorite color choice before it runs out!
- Listen for the DJ on the stage to run various contests for a chance to win great prizes.
- Grab a delicious and HUGE snow cone in all kinds of crazy flavor choices to beat the heat.
- Watch the stage for them throwing out beads, noise makers, and other freebies.

Note from Meet Founder, Jason Byrne

Thank you all for coming to this year's meet! Having started the meet as a sophomore at Florida Southern College back in 2000, it would be the cliché thing to say that I never dreamed of it being what it has become. It would also be false. This is exactly what I hoped for the event to become; so I am so pleased that 13 years later you all are here to help make that dream come true! And by supporting this meet, you are doing a tremendous service to help the site stay around and doing great coverage of our sport in the state of Florida!

This year we have over 4,600 runners registered and 186 schools represented. 185 of those schools are from right here in Florida. Our goal is to put on the meet each year that you circle on your calendar and that your kids will remember for years to come. My personal mantra has always been: "more than just another meet."

We are so proud of our meet's rich history, the memories we have made for everyone, and seeing new pages in the Florida XC History Book being written each year. We hope you all have a blast while watching some fast races!



Boys ROC

Belen Jesuit (3A #1)
 Boone (4A #10)
 Cocoa Beach (2A #3)
 Coral Reef (4A #15)
 Estero (3A #8)
 Ferguson (4A #9)
 Fort Myers (3A #4)
 Fort Walton Beach (3A #2)
 Immokalee (2A #9)
 Lyman (4A #11)
 Miami Columbus (4A #3)
 Miami Sunset (4A #5)
 Naples (3A #11)
 Niceville (3A #10)
 Palmetto Ridge
 Timber Creek
 Trinity Prep (1A #2)
 Winter Park (4A #14)
 Wiregrass Ranch
 Woodstock, GA

Individuals: Garrett
 Westlake, Lars Benner,
 Ken Pineiro, Connor
 Ferrentino, Bobby
 Ormsby.

Girls ROC

American Heritage
 Estero (3A #1)
 Ferguson (4A #4)
 Fort Myers
 Fort Walton Beach (3A #3)
 Gulf Coast (3A #8)
 Hagerty (4A #3)
 Lake Brantley (4A #9)
 Lake Mary (4A #13)
 Lakewood Ranch (3A #4)
 Lourdes (4A #5)
 Merritt Island (3A #2)
 Naples
 Niceville (3A #11)
 Oak Hall (1A #1)
 Winter Park
 Wiregrass Ranch (3A #13)
 Woodstock, GA (GA #9)

Individuals:
 Sarah Candiano, Sarah
 Day, Bridget Blake, Amber
 Johnson, Alex Eaton, Julia
 Montgomery, Denae
 Chapman, Adair Lyden,
 Kelly Fahey, Ashley
 Heitling, Kaley Schmick,
 Claudia Canello, Amber
 Johnson, Ella Wurth.

CaptainU Boys Invite

Barron Collier
 Bishop Moore
 Bloomingdale
 Chamberlain
 Charlotte
 Choctawhatchee
 Circle Christian (1A #4)
 Dr. Phillips
 Eastside (2A #8)
 Edgewater
 Geneva School (1A #7)
 Hagerty
 Jensen Beach
 John I Leonard
 Lake Mary
 Lake Nona (2A #6)
 Lakewood Ranch
 Melbourne
 New Smyrna Beach
 North Port
 Park Vista (4A #12)
 PK Yonge (1A #9)
 Ransom Everglades (2A #5)
 Robinson (2A #7)
 Rockledge (2A #11)
 Springstead
 Spruce Creek
 St. Andrew's
 St. Augustine
 Titusville

Individuals:
 Fabian Delgado, Brennan
 Schmick, Tyler Bell, William
 Fay, Sam Chandler.

College Men

Florida Christian College
 Florida College
 Florida International
 University
 Jacksonville University
 Miami Elite TC
 Rollins College
 St. Thomas University
 Stetson University
 Warner University

Publix Girls Invitational

Bishop Moore
 Boone
 Brevard HEAT (1A #6)
 Charlotte
 Choctawhatchee
 Cocoa Beach (2A #9)
 Coral Reef (4A #19)
 Cypress Lake
 Eastside (2A #12)
 Father Lopez
 First Academy (1A #7)
 Freedom, Tampa (4A #17)
 Immokalee
 Jensen Beach
 Jupiter (4A #12)
 Lakeland Christian (1A #11)
 Lyman
 New Smyrna Beach
 Newsome (4A #8)
 Orange City University
 Park Vista (4A #7)
 Ransom Everglades (2A #10)
 Robinson (2A #4)
 Rockledge (2A #12)
 Springstead
 Spruce Creek
 St. Augustine HS
 St. Cloud
 Timber Creek
 Trinity Prep (1A #10)
 Vero Beach (4A #14)
 West Orange
 Wharton

College Women

Florida Christian College
 Florida College
 Florida International
 University
 Jacksonville University
 Miami Elite TC
 Palm Beach Atlantic
 University
 Rollins College
 St. Thomas University
 Stetson University
 University of Central
 Florida
 Warner University

Boys Unseeded A

Atlantic (Delray)
 Cardinal Gibbons
 Countryside
 Cypress Creek
 Deland
 Eau Gallie
 First Academy
 Forest Hill
 Freedom (Orlando)
 Freedom (Tampa)
 Harmony
 Lake Brantley
 Merritt Island
 Miami Coral Park
 Mitchell
 Orange City University
 Pine Crest
 Sebastian River
 St. Cloud
 St. Petersburg
 Vero Beach
 Wekiva
 West Orange
 West Shore

Girls Unseeded A

Barron Collier
 Bloomingdale (4A #21)
 Chamberlain
 Circle Christian
 Deland
 Dr. Phillips (4A #10)
 Dwyer (4A #15)
 Freedom (Orlando)
 Geneva School
 Harmony
 Lake Nona
 Melbourne
 Miami Sunset (4A #23)
 Mitchell
 Monteverde Academy
 North Broward Prep
 Palm Bay
 Pine Crest (2A #8)
 Pope John Paul II
 Tavares
 Titusville
 University HS
 Wekiva
 West Shore
 Westminster Christian

Middle School Boys

Belen Jesuit
 Brevard HEAT
 Central Florida Galiders
 Circle Christian
 Cocoa Beach
 Hillsborough Harriers
 Lake City Middle School
 Lakeland Christian
 Miami Elite Track Club
 Miami Milers
 Park Avenue Christian
 Geneva School
 Westminster Christian

Boys Unseeded B

American Heritage
 Anclote
 Boca Raton
 Brevard HEAT
 Dwyer
 Eustis
 Father Lopez
 Gulf Coast
 Lakeland Christian
 Leesburg
 Monteverde Academy
 Mount Dora
 North Broward Prep
 Palm Bay
 Pope John Paul II
 Sheridan Hills
 University HS
 Warner Christian
 Wellington
 Westminster Christian
 Wharton

Girls Unseeded B

Atlantic (Delray)
 Boca Raton
 Cypress Creek
 East Ridge
 Eau Gallie
 Eustis
 Forest Hill
 John A Leonard
 Leesburg
 Miami Coral Park
 Mount Dora HS
 Palmetto Ridge
 PK Yonge
 Sebastian River
 St. Petersburg
 Warner Christian
 Wellington

Middle School Girls

Central Florida Galiders
 Cocoa Beach
 Geneva School
 Hillsborough Harriers
 Lake City Middle School
 Lakeland Christian
 Miami Elite Track Club
 Miami Milers
 Park Avenue Christian
 Westminster Christian

FLR 10 2009 →

Matt Mizereck
 out-kicks Armando
 del Valle of
 Columbus in a crazy
 finish and course
 record. Mizereck in
 14:56.51 and Del Valle
 with a 14:56.84.
 Mizereck finished 10th
 at Foot Locker Nationals
 that year.

FLR 7 2006 →

Episcopal put top
 five between 18:36
 and 19:12 to win the team
 title in dramatic fashion.
 Earned national ranking
 after 18:49 average.



Boys Race of Champions Preview

There have been some truly legendary battles the last few years in this race. And every year we think, okay... we won't see anything like that for a while... until the next year comes and then we do! Not only that but a lot of top runners tend to lay low for the early season meets and then have their "opening day" at flrunners. In fact, we've seen some greats make their first big burst on to the scene at this meet in the past. Who will it be this year?

Andres Arroyo, widely regarded as the state's top distance runner, is essentially the only no-show from the who's who of the top boys in Florida. He heads to Great American instead.

The two favorites going in are probably Carlos Miranda of Palmetto Ridge and Avery Lopez of Belen Jesuit. Miranda hasn't really shown himself yet this season, but put up a 15:17 at Pre-State last season and had a 15:30 road race win in August. Lopez is the new leader for the Belen Jesuit dynasty and has a couple of wins under his belt already this season including UF and Fleet Feet. He is also coming off of a stellar track season.

The one person who has beaten Lopez this season will be there to challenge him again: sophomore Kurt Convey of Coral Reef. He took Lopez out at Greentree and won at Spanish River in 16:01 on Monday. But a host of studs from up north may break up the South Florida party with Thomas Howell and Nick Morken of Niceville looking to mix it up, along with Tim Bulger, Charles Shackleford and Trey LaNasa of Ft. Walton Beach. Then you've got the one-two bunch of Tyler Bennett and Ace Brown of Ft. Myers and it's anyone's game! Bennett is the current state leader with a 15:27 win last week at North Port.

Others to look at for... Garrett Westlake of PK Yonge who ran a 15:39 at flrunners last year and had an amazing diving second place finish at Alligator Lake last week. What heart! Georgian JC Cornett of Woodstock could be up there, he ran 16:07 a couple of weeks ago and went 9:38 for 3200 in track. Buddy Gates of Naples could be there, returning from a 15:40 showing at this meet last year. I wouldn't be surprised to see Daniel Fernandez (Columbus), Fabian Tomas and Michael Magoulas (Belen Jesuit), Kenneth Castro and Nick Diaz (Sunset), and freshman Brandon Marquez (Timber Creek) getting up and challenging for the top ten.

Team-wise you can go at this a few ways. Strictly speaking Ft. Myers is the top-seeded team going in and they have been having a fantastic early season; however, their score is buoyed by some quick North Port Invitational times. Going by last year's returners, it is actually Ft. Walton Beach that looks the deepest coming back.

However, let's be real... Belen Jesuit is the favorite heading into this thing hands down. They are back-to-back returning team champions at this meet, having won it three of the last four years. They are nationally ranked. And they won the UF Mountain Dew Invitational (the biggest race thus far in 2012) hands down 31-96 over Columbus—who will also be a contender in this one. Those should be your top four. For fifth place, it's kind of a toss-up... Estero has been looking good, Niceville has strength up front if they show some more depth, Trinity Prep could always surprise, and Miami Sunset is kind of the up and coming wildcard. Should be fun!

Boys Invitational –North Port looked good last week at their fast home course, but rescinded a ROC spot. They'll be favored here. Top challengers will include Robinson, Boone, Lakewood Ranch, Charlotte, Park Vista, St. Augustine, Circle Christian, and Ransom Everglades. Individually, look for Charles Bengston and Salvator Medrano of Leonard and Nic Jacobsen of St. Andrews to be very strong. Fabian Delgado of Killian, Xavier Walton of Titusville, Tyler Bell of Coral Springs, and William Fay of Atlantic.

Boys Large School – Abdin Fator of Sickles will be the big favorite individually, but he may get a challenge from Canaan Meester-Kitterman of Bayshore. Justin Schanze of Oviedo, Cameron Allen of Matanzas, and a host from Plant (Bryce Weaver, Travis Lucas, Lawson Jaffe) could be right behind. Plant will be the odds on team favorite with Martin County, Matanzas, Sickles and Oviedo in the mix for second.

Boys Small School – Dalton Shelton of Lake Placid, coming off a 16:09 win at North Port, should take it. James Simpson of King's Academy and Troy Clark of Mt. Dora Bible could give him some company though.

Girls Race of Champions Preview

Besides injured Olivia Ortiz (who will be there in body but not in jersey) and a few other exceptions, most of the top girls in the state will in this one. Returning Foot Locker finalist Bridget Blake of Dr. Phillips will be the favorite. She over-achieved in the race last year in finishing second (to Ortiz) with a 17:42. She went on to a 17:26 PR at Foot Locker south and a great track season that included a 10:42 3200, 4:56 1600, and 2:14.79 800. She has won a couple of low key races so far this year.

Kacy Smith of Estero took a while to get her stride last year and perhaps is on similar pace this season, but she usually puts it together for FLR. Last year she finished sixth with an 18:09 before going 17:47 two weeks later at Pre-State. She had a fantastic track season with a 10:34 3200 and a 4:52 1600. Expect big things.

Next you have Sarah Candiano of Evangelical, who finished fourth at FLR last year (17:51) and looked great with a small school win at North Port last week (18:25). In the large school division last week though Emily Edwards of Ft. Myers went just faster with an 18:23 over Katy G Soils of Estero (18:28) and Smith (18:56).

Those should be the favorites; however, it really doesn't stop there. Nikitah Shah of Wiregrass Ranch had a good time trial in August, but has struggled a bit since. This could be her time to shine again after a break out year last XC. Ivy Chastain of Ft. Walton Beach often gets overlooked since they don't get seen in this part of the state, but she ran a 17:53 last season. Bryce Seymour, back at Hagerty this year, had her personal best at FLR last year with a fifth place 17:58 and is 2-0 so far this year with easy wins of 18:39 and 18:40 at Deland and Astronaut. We are unsure about Daesha Rogers and American Heritage at this point, they signed up but will they show? She has not raced this cross country season so far.

Others to watch: Brittney Olinger (Oak Hall), Ashley Heitling (Mt. Dora), Marsel Mosely (Niceville), Bethany Jenkins (Estero), Julia Montgomery (Pine Crest), Sarah Day (West Shore), Kristin Zarella (Lakewood Ranch), Denae Chapman (Circle Christian), Alex Eaton (Shorecrest), Amber Johnson (Dr. Phillips), and Ella Wurth (Pine Crest).

Defending champs and nationally-ranked Estero will be favored to defend their crown. And really once they start clicking (usually about this time) they should be every bit as good as last year. They return their top five from last year and add sophomore Megan Slater and freshman sensation Daley Cline to the mix, a tonic soon to be potent.

Not to down play the other teams, but really I expect the battle will be for second. John A. Ferguson last year put on a clinic on pack running in their stunning second place finish at FLR 12. They put their top seven between 19:01 and 19:50 to pull it out over top-rated Lakewood Ranch's heat up front. They return five of that seven this year and should be tough after a nice looking track season.

One team who was not here last year who should mix it up is Ft. Walton Beach. They are led by Ivy Chastain and with the addition of freshman Emma Rudman could potentially upset if everything is clicking. They lost only one to graduation last year, so with Rudman are even better than before.

Others looking to challenge: the always powerful Our Lady of Lourdes, Lakewood Ranch (without Ortiz but still very good), Oak Hall, Niceville, Wiregrass Ranch, Merritt Island, Gulf Coast, and Fort Myers.

Girls Invitational – Julia DeYoung-powered Robinson will be favored with Cypress Lake, Newsome, Lake Mary, Park Vista, and Rockledge right in the mix. Individually look for Chelsea Manning of Cypress Lake, Sara Steele of Choctaw, Courtney Zboyan of Jupiter, Mallory White of Lakeland Christian, Holly Wooley of Brevard HEAT, Lauren Archer of Ransom and Maddy Hull of Robinson.

Girls Large School: Taylor Tubbs of Sebring will be favored coming off an 18:53 second place finish at North Port, behind Sarah Candiano. She could get some trouble from Hannah Loder of Matanzas, who is coming off of three wins this year all on tough courses. Don't count out Regan Farrow of Lake Howell and Emma Tucker of Columbia. Team-wise it will be a battle between Sickles, Columbia, Matanzas, South Fork, and Oviedo.

Girls Small School – Sickles will be favored to win the team title, with Shorecrest Prep right there--even with Eaton racing in the ROC. Satellite will go for third behind Christina Hamilton, the individual favorite.

Boys Large School

Archbishop McCarthy
 Bayshore
 Braddock
 Columbia
 Cypress Lake
 East River
 Ft. Pierce Central
 Gaither
 Lake Brantley
 Lake Highland Prep
 Lake Howell
 Lecanto
 Martin County (3A #14)
 Matanzas
 Newsome
 Northeast (St. Pete)
 Okeechobee
 Oviedo (4A #13)
 Palm Bay Heritage
 Pine Ridge
 Plant (4A #4)
 Port Charlotte
 Sebring
 Sickles
 South Fork
 Viera
 Winter Springs

Boys Small School

Admiral Farragut
 Astronaut
 Benjamin School
 Boca Raton Christian
 Calvary Christian
 City of Life Christian
 Cocoa HS
 Coral Shores
 Coral Springs Christian
 Covenant Christian
 Dade Christian
 Doral Academy
 Edgewood
 Florida Air Academy
 Florida Christian
 Gulliver Prep
 Hardee
 International Community School
 John Carroll
 Keswick Christian
 Key West
 King's Academy
 Lake Mary Prep
 Lincoln Park
 Master's Academy Oviedo
 Meadowbrook Academy
 Melbourne Central Catholic
 Miami Pace
 Mount Dora Bible (1A #11)
 Oak Hall
 Port Orange Atlantic
 Satellite
 Shorecrest Prep (1A #15)
 Space Coast
 The Pine School

Girls Large School

Archbishop McCarthy
 Bayshore
 Braddock
 Columbia (3A #12)
 East River
 Ft. Pierce Central
 Gaither
 George Steinbrenner
 Lake Howell
 Lecanto
 Martin County
 Matanzas
 North Port
 Northeast (St. Pete)
 Okeechobee
 Oviedo
 Palm Beach Heritage
 Pine Ridge
 Sebring
 Sickles (3A #10)
 South Fork
 Viera
 Winter Springs

Girls Small School

Admiral Farragut
 Astronaut
 Boca Raton Christian
 Calvary Christian
 City of Life Christian
 Cocoa
 Coral Shores
 Coral Springs Christian
 Covenant Christian
 Dade Christian (1A #15)
 Doral Academy
 Edgewood
 Florida Air Academy
 Florida Christian
 Gulliver Prep
 Hardee
 International Community School
 John Carroll
 Keswick Christian
 Key West
 King's Academy (1A #13)
 Lake Highland Prep
 Lake Mary Prep
 Lincoln Park
 Master's Academy Oviedo
 Meadowbrook Academy
 Melbourne Central Catholic
 Miami Pace
 Mt. Dora Bible
 Satellite
 Shorecrest Prep (1A #5)
 Space Coast
 The Pine School

Meet Celebrity Guests: Adam Goucher and Tim Catalano

His NCAA running dominance during the 1998 season at the University of Colorado has been forever immortalized in the pages of the famed book [Running with the Buffaloes](#). That year Adam Goucher pulled off quite the trifecta, winning the indoor 3K, the outdoor 5K, and the 10K in cross country. American distance running icon Adam Goucher will be our Olympian celebrity guest at this year!

Adam and Tim Catalano, the co-authors of the lauded training and inspirational book *Running the Edge*, will be hanging out at the meet, shaking hands, kissing babies, signing autographs, and selling copies of their book. On Friday night they are going to host a special FREE speaking engagement just for you! These guys are a wealth of knowledge and, among other things, will teach you and your kids about "Closing the Gap" to their goals and the thin line between "Tough and Stupid" training!

The presentation--which will feature running videos, music, and slides--will pack a real punch and will be both educational and inspirational for you and your runners. On Saturday the boys will be back hanging out at the meet. Adam will shoot off the gun in the Race of Champions and help out with the awards and other festivities.

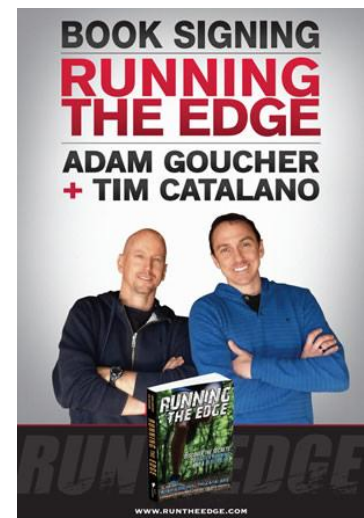
COME SEE THE SHOW... FRIDAY NIGHT!

FREE!

Indian River City United Methodist Church - 1355 Cheney Highway, Titusville, FL

The church is just two miles down the road from the hotels. So easy to check in, grab dinner, and go.

Doors open at 8:00pm, Presentation starts at 8:30, Wraps up at 9:30, Doors close at 10:00.



Getting to Titusville

See the map and directions to get there. Once in Titusville, there is lots of dining downtown, along US-1, and near I-95 and 50 by the hotels. There is also a good Bar-B-Q place just north of the course if you're in the mood!

From Orlando

Take the East-West Expressway (408) to Colonial (Highway 50) and head East to Titusville

From Sanford

Take State Road 46 East to Mims

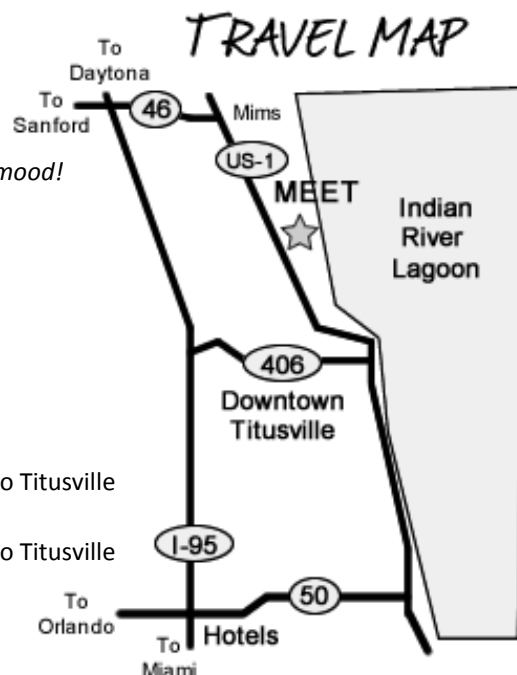
From Tampa

Take I-4 to Orlando
Exit on to the Bee Line Expressway (528)
Take North Leg Bee Line (407) to I-95 North
Head North on I-95 to Titusville

From North Florida

Head South on I-95 to Titusville
From South Florida
Head North on I-95 to Titusville

Need to make your GPS happy? Here's the address for BCC:
1311 N US Highway 1, Titusville, FL 32796



Parking at the Meet

There are three entrances to choose from, all are equally as good... but see notes below.



Entrance A - BCC South/Hospital Entrance

Enter from US 1 on to Oak Grove Rd. Hospital is to the right. At BCC campus turn right and park on south side of the BCC Gym Building.

Entrance B - BCC North Entrance

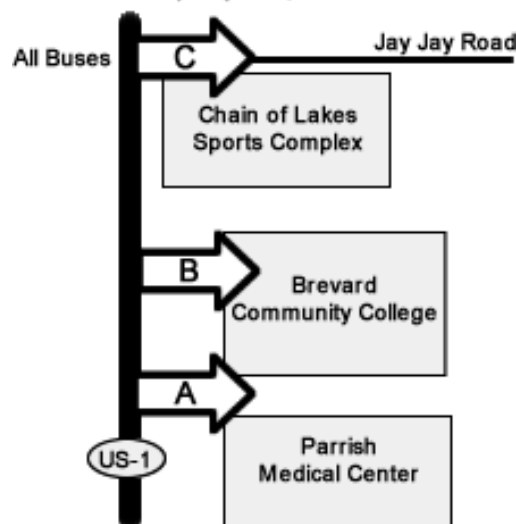
Enter from US 1 on to Washington Square @ BCC
Parking is to the left on the north side of campus.

Entrance C - Chain of Lakes Park Entrance

ALL BUSES MUST USE THIS ENTRANCE.

Turn on Jay Jay Road and enter at Sports Complex. Plenty of Parking.

PARKING MAP



Our Favorite Places to Eat In Titusville

Downtown

Kelsey's Pizzeria
2845 Garden St. – (321) 268-5555
Dixie Crossroads (Famous Seafood)
1475 Garden St. – (321) 268-5000
Quillen's Taco Shack (tacos, burgers)
1090 Garden St.
Valentino's (Italian)
3241 Garden St.
Beef 'O' Brady's
2825 Garden Street #9

On US Highway 1

El Leoncito (Mexican)
4280 S. Washington Ave.
La Bamba
1817 S. Washington Ave.
Paul's Smokehouse
3665 S. Washington Ave.
Louis Bar-BQ
2191 N US Highway 1 (by course)
Portofino Italian Grill
3350 S. Washington St.

Near Hotels

Durango Steakhouse
3455 Cheney Hwy (@ Best Western)
Cracker Barrell
4745 Helen Hauser Blvd.
Whistle Junction Buffet
3135 Columbia Blvd.
Mama Rosa (Italian)
381 Cheney Highway
Also: IHOP, Denny's, Sonny's BBQ,
Starbucks, Wendy's, McDonald's

IPICO TIMING CHIP

When signing the checkout sheet at packet pick-up – the coach or representative of the listed cross country team, agrees to return the assigned numbered of IPICO race chips before departing from the race site. If any chip is missing or returned unusable (ie. bent in half, etc.) the school's Athletic Director will be notified and the individual who signs for the chips will be billed \$20.00 per missing chip by Elite Timing and Event Management. All chips from each school MUST be returned at the same time preferably in the bags provided.

How to wear it



The tag MUST be worn tied INTO your shoe laces.



Thread laces through the top two holes only.



Tighten the lace to hold the tag in place.



Tie the lace and get ready to RUN!

Coaches, please make sure your athletes follow the instructions above. If for some reason a chip goes missing and is recovered, they can be returned to the following address:

**Mike Hill/Elite Timing
1737 Green Meadow Lane
Orlando, FL 32825**

Website: www.elitetiming.net Email: elitetiming@cfl.rr.com Cell: 321-217-8030