

**JEFFERSON HIGH SCHOOL**  
**4141 FLOWING SPRINGS ROAD**  
**SHENANDOAH JUNCTION, WV 25442**  
**(304) 725-8491      (304) 728-6590 (Fax)**

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June 19, 2010

Dear Cross-Country Coaches & Athletic Directors:

It is my pleasure to invite your cross-country teams to the inaugural Robert Rizzo Relays on September 18, 2010. In addition to fulfilling our desire to honor a longtime Jefferson County coach and educator, this meet seeks to fill the void that was created by the cancellation of the Brentsville Relays. Our meet will be similar in relay structure, mirroring the format of the popular Knight Night Relays put on by Preston HS in Kingwood, W. Va.—except that our meet will be run in the daylight.

For those not familiar with this format, the Robert Rizzo Relays will involve four member teams, with each runner covering a 1.5 mile loop on dirt and grass trails. An entry fee of \$100 per team will allow for an unlimited number of relay teams per school. Only the “A” teams from each school, however, will be eligible for awards. Schools with an odd number of participants are permitted to run incomplete exhibition teams.

As a coach, I am particularly fond of this format for a number of reasons. Most importantly, I find that the shorter race distance allows for quicker recoveries. A 1.5 mile race allows young runners a chance to get the adrenaline rush they thrive on without requiring the recovery time needed to properly adjust from running a 5 kilometer race. Plus, from a spectator standpoint, it is much easier to gauge the progress of the team competition in a relay race than it is with a traditional cross-country race.

Sanctioning has been applied for in West Virginia, Maryland, Virginia, and Pennsylvania.

Sincerely,

J. Scott Biola  
JHS Cross-Country Coach  
[scott.biola@yahoo.com](mailto:scott.biola@yahoo.com)

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Please email regrets or return this portion with entry fee:

\_\_\_ Yes, we look forward to attending the Robert Rizzo Relays and have enclosed the entry fee. We will submit rosters for our teams by September 13, 2010.

**School:**

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**Coach's Name:**

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**Email:**

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**Coach's Phone:**

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## ***2010 Robert Rizzo Relays***

- When:** Saturday, September 18, 2010
- Where:** Sam Michaels Park, 235 Sam Michaels Lane, Shenandoah Junction, WV
- Itinerary:** 8:00 a.m. Middle School Girls  
9:00 a.m. Middle School Boys  
10:00 a.m. High School Girls  
11:00 a.m. High School Boys
- Awards:** Plaques will be given to first place "A" teams for the schools' trophy cases. Medals will also be presented to winning relay team members.
- Entry Fees:** \$100 made payable to "Jefferson HS X-C Boosters."  
Mail to:  
Jefferson HS  
Attn: Scott Biola  
4141 Flowing Springs Rd.  
Shenandoah Junction, WV 25442
- Deadlines:** Entries will be limited to the first 20 teams in each division to submit entry fees. Rosters will be submitted using the provided MS Excel file by September 13, 2010.

