

The 55th Albany County Kiwanis Cross Country Meet

Dear Coaches,

The **Albany County Kiwanis XC Meet** has been a fall tradition for 55 years. We hope you join us for the 55th edition of this fall classic sponsored by The Albany Kiwanis Club. The meet has returned to **Colonie Mohawk River Park**, where it was previously held for 21 years (1997-2018). The Varsity Boys race now bears the name *Ed Springstead Championship* in honor of the Shaker HS coaching legend. The date has been set for **Friday, October 17th, 2025**. Course maps are in a separate document.

South Colonie will have the responsibility of hosting this fall. Please send your registration fee **(\$75/gender team or \$150/program)** payable to **South Colonie Central Schools** (1 Raider Blvd, Albany, NY 12205). Coach Jake Johnson has generously offered to secure the park, mark the course, rent Port-a-Johns, and coordinate course marshals and pay Lisa Paparone on the day of the event. I am taking care of the awards with the cooperation of the Albany Kiwanis Club.

Schools from the Suburban Council are asked to use your bibs from the Dual Meet season. All other schools will receive bibs on the day of. Thanks!

-Andrew Rickert, Bethlehem Boys XC

Please Enter Your Team Rosters at [ny.milesplit](https://ny.milesplit.com) and mail your entry fee by Friday, 10/10.

Feel free to contact Andrew Rickert if you have any questions.

arickert@bethlehemschools.org or 518-248-8329

AWARDS:

Frosh Boys and Girls

Trophy to individual winner

Medals to Places 2-10

T-shirts to 7 members of team champions

JV Boys and Girls

Trophy to individual winner

Medals to Places 2-10

T-shirts to 7 members of team champions

Varsity Boys and Girls

Trophy to individual places 1-5

Medals to Places 6-10

T-shirt to 7 members of team champions

ADK Kettle Korn will be on-hand selling pre-popped bags!

****A concession stand will be available for food and drink purchases****

Meet Schedule: we will move ahead of schedule if possible

3:20pm – Coaches Meeting

3:30pm – Frosh Boys (1.71 miles)

3:50pm – Frosh Girls (1.71 miles)

4:10pm – JV Boys (2.54 miles)

4:12pm – JV Girls (2.54 miles)

4:40pm – ***Ed Springstead*** Varsity Boys Championship (2.54 miles)

5:10pm – Varsity Girls Championship (2.54 miles)

5:45pm – AWARDS presented by the Albany Kiwanis

***If weather is inclement – individual awards will be handed out in the chutes.*

Starting Box # School

12 Albany Academy

1 Albany

3 Berne-Knox-Westerlo

4 Bethlehem

9 CBA-Albany

11 Cohoes

5 Colonie

8 Guilderland

10 Holy Names

6 Ravena-Coeymans-Selkirk

13 Shaker

2 Voorheesville

7 Watervliet

Additional notes about Colonie Mohawk River Park:

(AKA Colonie Town Park): 71 Schermerhorn Road, Cohoes, NY 12047

- Bus Drivers can park and remain on-site. NO PARKING ON GRASS.
- Please clean up your Team Area before leaving. **Carry In – Carry Out.**
- The course will have several course marshals and be marked with painted arrows and flags.