

32ND Annual
**Woods
Trail Run**
AT THETFORD ACADEMY
VERMONT'S OLDEST SECONDARY SCHOOL



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32 YEARS OF AMAZING VOLUNTEERS WHO MAKE OUR RACE
CROSS COUNTRY AT ITS FINEST
OCTOBER 7TH • 2023

32nd Annual Woods Trail Run Saturday, October 7, 2023

**32nd Annual Woods Trail Run
Hosted by Thetford Academy – Thetford, VT
Vermont's Oldest Secondary School**

Schedule of Events

10:00 AM	Opening Ceremony & National Anthem
10:15 AM	Junior High GIRLS
10:35 AM	Junior High BOYS
11:10 AM	5th Seed High School GIRLS
11:55 AM	5th Seed High School BOYS
12:30 PM	4th Seed High School GIRLS
1:00 PM	4th Seed High School BOYS
1:25 PM	3rd Seed High School GIRLS
1:50 PM	3rd Seed High School BOYS
2:15 PM	2nd Seed High School GIRLS
2:40 PM	2nd Seed High School BOYS
3:00 PM	1st Seed High School GIRLS
3:20 PM	1st Seed High School BOYS
4:00 PM	Awards Ceremony

David McGinn – Meet Director
Bri Barnes – Athletic Director
Carrie Brennan – Head of School

On behalf of the Board of Trustees, Head of School Carrie Brennan, and an enthusiastic community of cross-country supporters, we welcome you to Thetford Academy for the 32nd Annual Woods Trail Run. It seems hard to believe that 30 years ago, the vision of race founder, Dan Grossman, and trail architect, John Morton, would lead us to where we are today. In 1991, 175 athletes participated in the inaugural race which has grown to include over 2,000 runners from more than 100 schools and 6-7 states annually.

The Thetford community takes great pride in sponsoring both this event and the Vermont State Cross Country Championships every year. It is our privilege and desire to have you with us, and to provide you with the best that cross country and the Upper Valley have to offer during your visit.

This tremendous event, on one of the finest cross country courses in New England, is a celebration of the outstanding efforts of the 1600 athletes and their coaches here today. We ask that you, as guests to this campus and privileged spectators, respect the competitive space that is the course during the races, that you share your appreciation for the efforts of the more than 100 volunteers who make this event possible, and that you leave this campus better than you found it.

- *Clear the trail when asked to do so by our volunteers.*
- *Dispose of all trash in the appropriate containers.*
- *Respect the state law that prohibits smoking anywhere on school grounds.*
- *Keep your dogs leashed and clean up after them.*

Enjoy the day, the races, and the beauty of the Upper Valley, and thank you for your support for these athletes. Let the races begin!

David McGinn
Meet Director

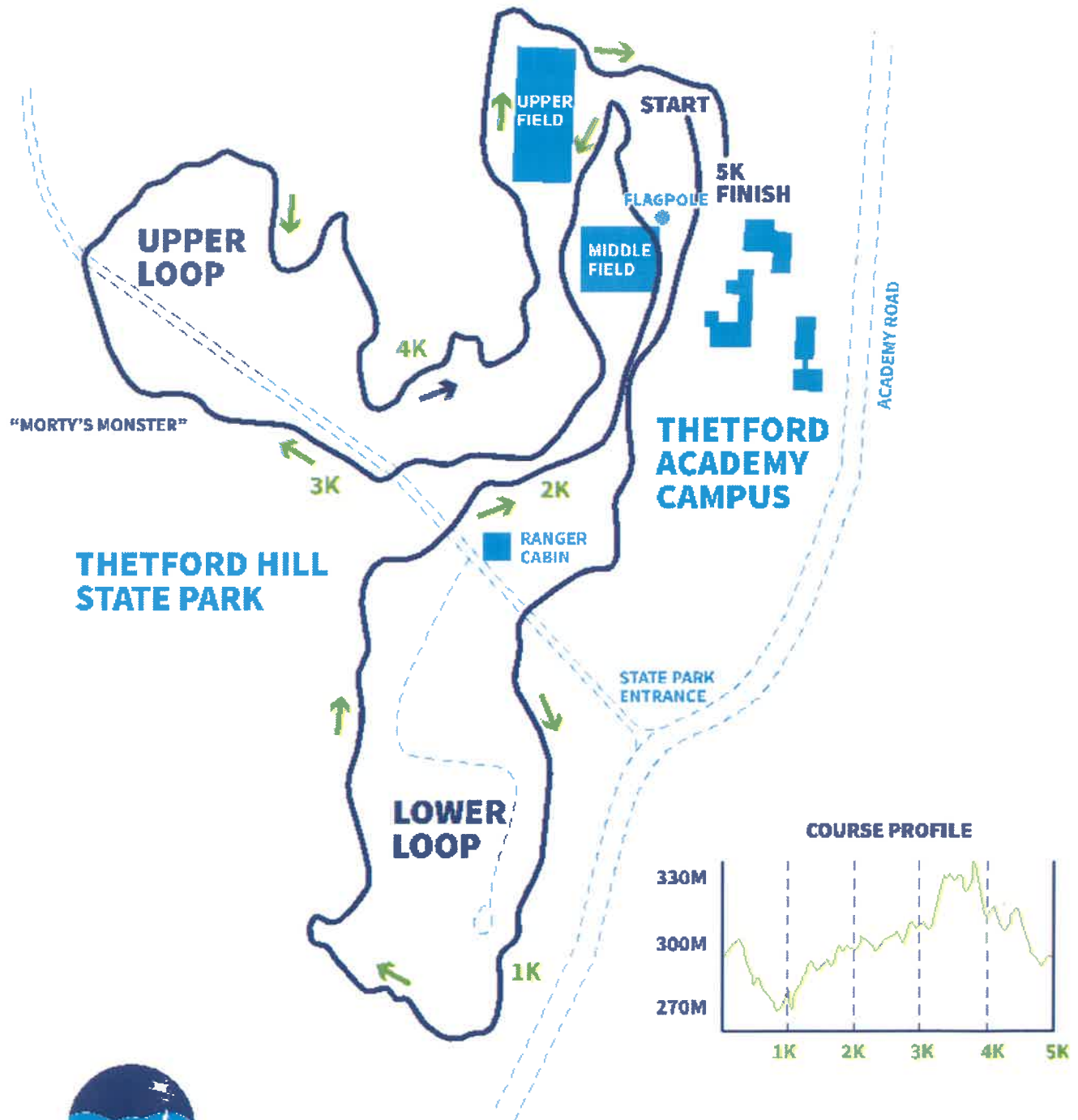
Bri Barnes
Athletic Director

Race results will be available at www.lancertiming.com

Pictures - Taken by Dan Grossman (race founder) www.mapleleafphotos.smugmug.com

Please visit the Thetford Academy Alumni Association concession stand by the gymnasium. All proceeds go to program grants for Thetford Academy.

DAN GROSSMAN WOODS TRAIL COURSE MAP



Thetford
ACADEMY