



38 McElwain Street
Merrimack, NH 03054
(603) 424-6204
www.sau26.org/mhs

Merrimack High School 5th Annual Fall Cross Country Festival at Grater Woods

Date, Location & Details

On **Saturday, October 17, 2026** Merrimack High School will host its Annual Fall Cross Country Festival on the Grater Woods trails at Merrimack Middle School in Merrimack, New Hampshire.

This event will be held at the peak of New Hampshire's fall foliage season and can serve as a perfect final test before the New Hampshire State Divisional Championships two weeks later at Derryfield Park. The field will be limited to 10 schools.

Meet Details:

Date: Saturday October 17, 2026

Race Times:

- JV Girls (5k) - 2:00 P.M.
- JV Boys (5k) - 2:45 P.M.
- Varsity Girls (5k) - 3:15 P.M. Limit 9 athletes
- Varsity Boys (5k) - 3:45 P.M. Limit 9 athletes
- Award Ceremony: 4:30 P.M.

Self Guided Course Walks: Will depart from the starting area between 12:00 P.M.-1:00 P.M. Color maps will be included in your packets.

Cost: A fee of \$200 per school will include both boys and girls' teams from your school (\$100 if you are sending only one team). Please make checks payable to: Merrimack Road Runners Boosters Club
c/o Adam French AD
38 McElwain Street, Merrimack NH 03054

Additional Information:

Awards: Plaques will be awarded to the team winners and runner-ups in the boys and girls varsity races. Medals will be awarded to the top 10 athletes in the varsity races and top 5 in the junior varsity races.

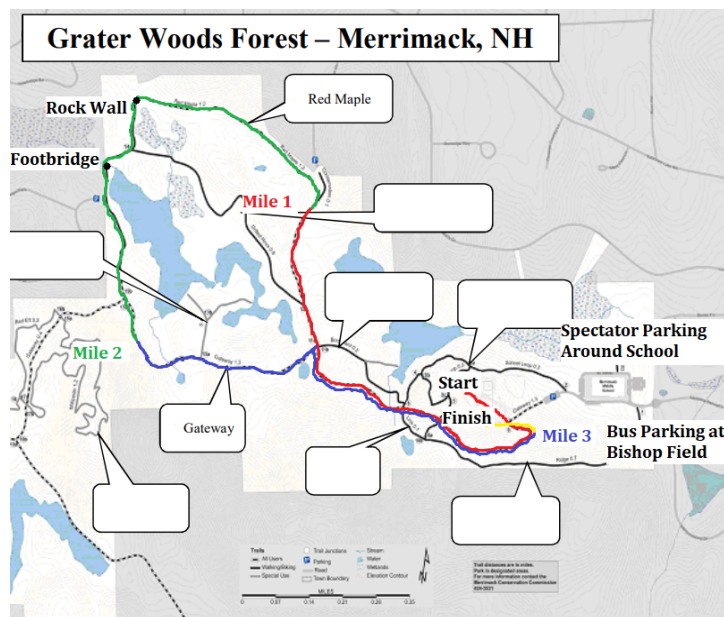
Register and Results: Register on DirectAthletics. Results found at UpStart Timing <https://www.upstarttiming.com/>

Concessions: Snacks and drinks. Donations accepted. Commemorative Tee Shirts available for purchase \$20.00

Course: The cross-country races will begin on the upper open fields at MMS before entering the Grater Woods Trails. The first half-mile follows the Gateway Trail, a wide, open gravel woods road. Runners then turn right onto the narrower Red Maple Trail for approximately one mile, where they should watch their footing around roots and rocks. Along this section, runners will navigate a rock-wall obstacle followed by a footbridge. The final mile begins around the Beaver Ponds and returns to the open Gateway Trail. The course surface consists of level gravel, grass, and dirt, providing generally excellent footing. The terrain is gently rolling, with a series of short inclines. There are no paved surfaces or vehicle traffic on the course. XC racing shoes or spikes are recommended. The course will be clearly marked.

Address: 31 Madeline Bennett Ln, Merrimack, NH 03054. Bus parking at the entrance of Madeline Bennett Ln at the Bishop Fields. Spectator parking all around the middle school.

Questions or Concerns: Please email Boys Varsity Coach Brent Whitney for more information brent.whitney@sau26.org



Grater Woods Forest – Merrimack, NH

