

Thursday 9-23-2021

7th Annual Akron Springfield

Frola Frolic 5k

Teams Competing in High School

Springfield, Trinity, Mogadore, Barberton, Lake Center Christian, Kenmore Garfield

Teams Competing in Middle School

Springfield, Mogadore, Lake Center Christian, Barberton

Welcome to the Seventh Annual Akron Springfield Frola Frolic 5K. This event has been named after Cynthia Frola who gave many years of service to Akron Springfield High School as a teacher and administrator. When you arrive please look through your meet packet and find 6 course maps. We will have cards as in years past. Each coach will hand me a typed roster after the meet with the place of their individual runner on their team along with their cards. We will be in charge of race order finishers and times, and use your rosters with their place on their team to plug their names into the results. The High School course is three loops, Middle School two loops, Elementary Race, one loop. There is a \$60 dollar entry fee for each school attending. There will be free pizza and Gatorade for all athletes at the conclusion of the meet.

3:45-4:30- Course is open for inspection.

4:30- Elementary Race 1 mile race. Boys and Girls

5:00- Middle School Race Boys and Girls -2 miles.

5:45- Senior Recognition

6:15- High School Race- 5k- Men

6:45- High School Women

Coaches- Please make sure that you give Coach Gorby your email address where you would like the results sent. These will be typed up and sent to you by email the next day. Please make sure all cards are filled out.

Awards- Trophy to the winning team in the Men/Women High School race.

Trophy to the winning team in the Boys/ Girls Middle School Race.

Medals to the top ten Boys and Girls in every race.

Please clean up your area before you leave. Good Luck to all involved!!!

**** Thanks to Mrs. Frola and Mr. Cole for their continued support!!**

**** Thanks to Doc B's brother for being our Leader on the Four Wheeler!**

****Special Thanks goes to Ritchies for providing the finish line!**

****Special Thanks goes out to the workers at Waterworks for helping set the course and make it look so good.**

