



# BIOLA UNIVERSITY ATHLETICS

**SEAN HENNING**  
HEAD COACH  
CROSS COUNTRY/TRACK AND FIELD

Dear Coach,

I would like to invite you to the 7<sup>th</sup> Annual Biola Invitational, hosted by Biola University on Friday, September 8<sup>th</sup>, 2023. This event will take place at Ted Craig Regional Park located in Fullerton, CA.

The goal of this event is to create an enjoyable early-season experience that is well-managed, enjoyable, and short and sweet. We are aiming to provide a quality 5 kilometer and 8 kilometer race that both challenges you with some hills and grass while also allowing you to run fast with some flat, long stretches. We hope to create an atmosphere where teams of all abilities and levels will be challenged with the right amount of competition and coaches will have a great idea of where their teams are at so early in the season.

Ted Craig Regional Park can be characterized by 124 acres of rolling hills, a large variety of mature trees that produce lots of shade, plenty of open grass space, a three-acre lake, three creeks, hiking/walking trails, and plenty of tables, benches, and shelters for teams to utilize. We are excited to be using such a great regional park right in our back yard, and know you will enjoy the location of the event as well. Our plan is to have all divisions both race and score together, and we are tentatively allowing unattached and club athletes to participate. Please contact me if you would like to request this. The top seven individuals from the winning team will receive Adidas backpacks.

We look forward to hosting and providing a memorable experience for you and your team at the Biola Invitational this fall. Please don't hesitate to email or call me with any questions.

Regards,

**Sean Henning**

*Head Coach*  
*Men's and Women's Cross Country and Track and Field*  
**Biola University**  
Office (562) 944-0351 Ext. 5929  
Cell (805) 478-8774  
sean.henning@biola.edu