



ELKINS HIGH SCHOOL | CROSS-COUNTRY 100 KENNEDY DR. | ELKINS, WV 26241

Dear Cross-Country Coach,

I'd like to personally invite your teams to participate in the inaugural **Mountain State Forest Festival Jack & Jill Relays** on **September 27, 2025**. The meet's **co-ed relay format** is gaining international popularity in both cross-country and track & field and promises to translate well for middle and high school harriers. Moreover, **Camp Pioneer in Beverly, W. Va.** is an ideal setting for this event.

While Davis & Elkins College has long served as Elkins' cross-country home, D&E's Coach Jason Pyles and I have envisioned hosting a meet at Camp Pioneer for years. To get a sense of Camp Pioneer's facility and terrain, please **check out the photos** on the following pages.

This spring, Coach Pyles, Coach Adam Romano, and I designed a 2,500-meter loop with this event in mind. It features a mostly downhill and flat initial 800 meters to set runners into a fast early rhythm. After the mile mark, there is a steady climb and then runners encounter rolling hills as they head back toward the relay exchange zone/finish area. **Visit Coach Romano's Strava map for an animated flyover of the course:** <https://strava.app.link/D1WQfeYQQTb>. You'll also notice on the course map that the course's design makes it easy to coach and cheer for runners at multiple vantage points.

Relay cross-country meets are unusual, but certainly not unheard of. We make no secret that Preston High School's Knight Night Relay inspired our event and there are multiple relay meets in Virginia. As a coach, I appreciate the 2,500-meter distance because it allows for **quicker recovery** than our typical 5-kilometer distance. This suits higher quality training in the week that follows and makes it easier to rebound for a subsequent meet. Our mixed gender format also fosters a unique type of internal competition within teams. For example, Elkins has three returning all-state boys, but only two will earn spots on our "A" relay.

In short, we hope you will join us this fall. Please review the information in this packet and consider whether the Jack & Jill Relays would be a good fit for your program. We will **accept the first 20 high school and 20 middle school teams** that sign up. The WVSSAC approved this event and assured me it will count towards the five meets required for eligibility in West Virginia's Regional and State meets. Let me know if you have any questions.

Yours.

A handwritten signature in blue ink, appearing to read 'J. Biola', located below the 'Yours.' text.

Scott Biola
jsbiola@gmail.com
EHS Cross-Country Coach



Mountain State Forest Festival

Jack & Jill Relays

Event

This mixed-gender cross-country relay event draws inspiration from the World Athletics Cross-Country Championships in following a **male-female-male-female** order. Like Preston High School's Knight Night Relays, each member of a four-person relay runs one 2,500-meter loop.

When

September 27, 2025

7:30 a.m. Course Open for Preview
8:30 a.m. MS Coaches Meeting
9:00 a.m. MS Race

9:30 a.m. HS Coaches Meeting
10:00 a.m. HS Race
11:00 a.m. Awards Ceremony

Where

This is the first year that Elkins High School will use Camp Pioneer to host cross-country events. It is a 4-H camp with spectator-friendly visibility and gently rolling terrain. Trails offer dependable footing on primarily packed dirt and grassy surfaces. Find Camp Pioneer using GPS: "38 Pioneer Circle, Kings Run Rd., Beverly, WV."

Prizes

Prizes will be presented to the top three coed relays in both the high school and middle school divisions (12 prizes per race).

Fees

Entry fees are **\$150** for high school and **\$100** for middle school teams. Checks should be made payable to "**Elkins HS Athletics**" and sent to:

Elkins High School
Attn: Ross Ware
100 Kennedy Dr.
Elkins, WV 26241

Entries

Contact EHS Coach Scott Biola (jsbiola@gmail.com) to reserve a spot in this inaugural event. Due to the relay format, Coach Biola will email participating schools a Microsoft Excel template for entries (must follow male-female-male-female order to qualify for prizes). Incomplete relay teams are permitted so that no runner is excluded. Individual runners can also compete against the opening legs of the MS or HS race. Entries are due by Monday, Sept. 8.

Parking

Ample parking is available at Camp Pioneer.



Jack & Jill Course Map



Elevation Profile





Parking Area

Ample parking for spectators and buses.



Indoor Bathrooms

Indoor bathroom facilities at Camp Pioneer.



The course goes past this pond and between the gap in the trees in the right side of this picture.



Distant view of pond at right and gently rolling terrain in first mile.



One of many picturesque views at Camp Pioneer.



Dakan Arena allows for pre- and post-race protection from the weather.