



WHAT IS CROSS COUNTRY?

The sport of cross country is a competitive team sport offered in the fall for students in grades 7 through 12. Training and optional group runs start in the early summer. Teams consist of five or more runners who all race together at the same time with other teams. The top five finishers from each team are scored and their finishing places are added up for the team score. The lowest score wins. High school races are 3.1 miles long, while junior high races are usually around 2 miles. The courses are mostly run across grassy fields, wooded paths and have a mixture of hills and some courses include creek crossings and log jumps to make it interesting.

The great thing about cross country (abbreviated CC) is that everyone competes! Everyone runs the same course, and although the first 7 runners to finish are considered the scoring team, at every meet ALL athletes get to participate. Everyone is important, unique, and contributes.

TOP 10 REASONS TO RUN CROSS COUNTRY

1. Great conditioning! Running gets you physical prepared for other winter sports. Make your basketball, wrestling or track coach very happy.
2. Everyone runs! There are no cuts and no bench to sit on and watch while others play.
3. Inexpensive! All you need is a pair of running shoes.
4. Short season! There are no long time commitments. Cross Country meets are one of the shortest sports on and off the course.
5. It's an individual AND team sport!
6. Run happy! You will feel great after running a big race. We call that the "runners high".
7. Hardcore! You will be in the best shape of your life after training with the cross country team.
8. Simplicity! Running basically requires the will to run and some free time.
9. Reach goals! Our cross country coaches will help you set and achieve small and large goals to help build up resilience and endurance.
10. Life Lessons! Cross country teaches being healthy, respecting your body and an appreciation of nature.



FUN PHOTOS FROM 2015-16 SEASON!

- 1) Harrison Hills, PA <https://www.icloud.com/sharedalbum/#B0G5aVbMKCg38h>
- 2) Boardman, OH <https://www.icloud.com/sharedalbum/#B0GGFssfGGHroWj>
- 3) Sharpsville, PA <https://www.icloud.com/sharedalbum/#B0G5GH8MqJbYJv>
- 4) Grove City, PA <https://www.icloud.com/sharedalbum/#B0GGdIshaGNipfl>

CROSS COUNTRY VOCABULARY

- **Invitational Meet**...a multi-team meet
- **Top 7**...the scoring members of a cross country team
- **Course**...the marked and measured route of the race
- **Starting Box**... designated area to which a team is assigned on the starting line
- **False Start**... leaving the starting line before the gun sounds
- **Finish Chute**... a rope bordered funnel past the finish line that moves runners into their single file order of finish
- **Pace**... running speed over a particular distance
- **Surge**...a tactical increase in pace during the race
- **Kick**...a burst of speed at the finish of the race
- **Pack**... a group of runners in close proximity
- **Personal Record**... Best ever performance on a given course
- **Warm-up**... a running and stretching routine that gradually warms up the body for intense running
- **Cool-down**... a jogging/walking routine that allows the muscles to purge themselves of lactates

How You Can Help Your RUNNER Before the Season Starts

Runners should start a training regimen during the summer. Pre-season summer training is essential to build a fitness base. It is normal for muscles to ache at the beginning of training and may last up to 2 weeks. Runners should communicate this to the coaches. We can prevent most injuries when our runners tell us about their aches and pains before they become disabling, so we can have them treated by one of our coaches. A nutritious, well balanced diet is essential for an athlete. Especially on race days, fatty and fried foods and carbonate or acidic drinks should be avoided. Small portions of easily digested food eaten at least 3 hours before competition are best but water intake should never be limited. Most athletes feel best when they race a little hungry. You should see your runner gradually start to eat more carbohydrates.

CC BOOSTER CLUB

Meetings are held at the Community Center

Every 2nd Thursday of the month, from 6:00-7:00pm

Coach: Tom Abbott, tabbott@goldenrams.com

Coach: AC

President: Anissa Johnson, a_mjohnson183@yahoo.com

Vice President: Kristen Eddy, k.eddy@comcast.net

How to Buy Running Shoes

If possible, go to a store that deals primarily with running footwear and apparel such as "Up and Running" in Valencia, PAV. These stores have experienced runners as sales persons who can help you choose the right shoe with the right fit for your athlete.

The best way to prolong the life and function of a new pair of running shoes is to wear them for running only, not as school shoes or for PE class. It is not necessary to purchase special running apparel. Loose fitting T-shirts and shorts are adequate for daily training, and your athlete will be issued a school uniform.



Preparing to Watch Your First CROSS COUNTRY MEET

When you arrive at the meet, ask to see a map of the course. First, locate the start and finish then try to scout central points where you can see as much of the race with as little moving around as possible.

During the race, you can move from point to point along the course to cheer the runners as they pass. Be careful, however, to stay off the runners' path and out of their way. Rules also forbid running alongside a competitor to pace or encourage him or her.

At the finish of the race, the runners file through the finish chute. It's ok to greet them then, if they may have to turn a place card into their coach ASAP so scores can be tabulated. Some runners are more spent than others after a race. Typical symptoms of their effort and fatigue are breathlessness, general weakness, rubbery legs, glassy eyes, salivating and sometimes nausea. A mistake parents sometime make is to take their sons or daughters off by themselves to try to take care of them. Please do not do this! Our coaches are experienced in dealing with these symptoms and responsible for their care. Water is the best thing to drink immediately after a race.

Once an away meet is over, please do not take your son or daughter home with you without checking with the coaching staff first.