



**WEST SHORE CONFERENCE CROSS COUNTRY PREVIEW**  
**8-23-14**  
**Cahoon Park, Bay Village, OH**  
**9 am**

August 8, 2014

WSC Cross Country Coaches:

Welcome to the Cahoon Park cross country course. As cross country coaches & runners, we have tried to create a course that is spectator-friendly, convenient for coaches and, most importantly, challenging yet fair for the runners. The accompanying map & chalk lines on the course itself are designed to make the course easy to follow.

We estimate that 75% of the course is easily visible to spectators. The start, the 1-mile mark, the 2-mile mark and the finish are all in close proximity. The course is a mix of flat, open-field running, some trail running in the woods and one significant hill. It's impossible to avoid crossing some roads (unless we run laps around the soccer field), so there are brief sections of running on asphalt. We suggest that runners use short spikes.

As on all cross country courses, a few imperfections exist. We will place cones over drainage grates and we have removed most obstacles from the trail. Roots have been spray painted to make them readily visible. Still, have your runners familiarize themselves with the course.

Online entries for the preview will take place on Baumspage. We have attached a cheat sheet for your convenience. If you have any questions, feel free to contact me at [matt.spellman@bayschoolsohio.org](mailto:matt.spellman@bayschoolsohio.org) or 440- 617-7430.

Cahoon Road will be blocked off on race day. **Please have your bus & all spectators park at the Huntington Beach overflow lot (on Lake Road across from Huntington Beach on the south side of the street).** When you arrive, pick up your packet at the shelter (marked on the map).

Again, we welcome you to Cahoon Park. If you have any questions, feel free to contact us. We hope you enjoy our race and best of luck for the season!

Sincerely,

*Matthew Spellman*

Matt Spellman  
Athletic Director

**RACE SCHEDULE:**

H.S. Boys: 9:00 am

H.S. Girls: 9:45 am

M.S. Boys: 10:30 am

M.S. Girls: 11:00 am