

2012 CVNP Instructions/Information for Coaches:

Thank you for your entry in the 2012 Woodridge Cuyahoga Valley National Park Cross Country Invitational. It appears the weather will be better this fall and we have a bit larger field in all races. Please note the information below and share with your athletes and families.

Parking on the side of Quick Road will NOT BE PERMITTED this fall. The CVNP has required this change in order to ensure safety and preserve resources. There will be TWO shuttle buses running back and forth from the Woodridge campus starting at **8:00 AM**. Thirty signs will be posted on Quick Road indicating this change as well. **Park employees may ticket and/or tow** vehicles that park along the roadway. Please encourage your parents to arrive early and park at our main campus at **4440 Quick Road; Peninsula, OH 44264**.

Bus parking will likely be the same as in the past. In order to alleviate congestion, please encourage your driver to park at the high school and return to pick you up. You may consider sharing cell phone addresses to stay in contact with these folks. If weather dictates, we will keep ALL buses at the park in order to ensure athlete safety.

Due to an increase in participation, we will have smaller starting blocks. We will also maintain our policy of permitting up to **ten (10) runners in the varsity races**. This may result in runners starting a bit deeper behind the line. We may look at separation of divisions next fall in order to alleviate this potential issue. We realize Homecoming issues are prevalent and do not want to extend the meet unless necessary.

Please remind your athletes to **be careful warming up and cooling down on the street**. I will instruct as many of our workers as possible to direct kids to the various trails in the area. The Lake Trail is great and about one mile in length and the Salt Run trail is just to the left of the starting line!

Packet pickup will begin at 8:45 AM in the garage behind the permanent restrooms and concessions.

Starting Block assignments will remain fluid as in the past. That is get there early and hold on (politely).

The **FUN RUN** will begin at 11:30 AM and is FREE to all kids below the 7th grade. All finishers will receive a ribbon for participation.

There are course maps, awards information, and race schedules on baumspage.

Please enjoy the day and OUR National Park and feel free to email with any questions!

Jeff Howard

jhoward@woodridge.k12.oh.us

330.608.1041