



GREAT LAKES CONFERENCE CROSS COUNTRY CHAMPIONSHIPS
Saturday, October 13, 2018
Cahoon Park, 303 Cahoon Rd, Bay Village, OH
9:30 am

September 28, 2018

GLC 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. Still, have your runners familiarize themselves with the course.

Online entries for the Championship will take place on Baumspage. If you have any questions, feel free to contact me at matt.spellman@bayschoolsohio.org or 440- 617-7430(work) or 440-465-9265(cell). Recall, the GLC athletic directors voted to run an open coed race this year for the championship. This race will NOT be scored but times will be communicated to athletic directors and coaches.

Cahoon Road will be blocked off on race day. **If your buses arrive before 8:30 am, they will be able to park in the RTA lot on the east side of Cahoon Rd. If they arrive after 8:30 am, they will need to park at Bay Middle School, 27725 Wolf Rd (across the street from Cahoon Park).** 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 (NOTE RACE TIME CHANGES FROM YEARS PAST):

H.S. Boys: 9:30 am
H.S. Girls: 10:10 am
H.S. Coed Open Race: 10:50 am
H.S. Awards & Coaches Meeting: 11:35 am
M.S. Boys: 12:20 pm
M.S. Girls: 12:50 pm
M.S. Awards: 1:20 pm