



**GREAT LAKES CONFERENCE HIGH SCHOOL/MIDDLE SCHOOL CROSS
COUNTRY CHAMPIONSHIP
Saturday, October 12, 2019 at 9:30 am
Cahoon Park, 27654 Wolf Rd, Bay Village, OH**

October 1, 2019

GLC Cross Country Coaches:

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 have purchased rubber mats to cover some of the asphalt but not all.

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 Championship will take place on Baumspage. **The deadline to enter your roster is Thursday, October 10 at 8am.** 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).

Cahoon Road will be blocked off on race day. **If your buses arrive before 8:30am, they will be able to park in the RTA lot on the east side of Cahoon Rd. If they arrive after 8:30am, 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).

We will have a concession stand set up at the shed for all athletes and spectators.

GLC XC Championship shirts will be for sale at the shed. Please remind your athletes and parents to bring money. Shirt design and prices will be sent out in the near future.

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:

9:30am - HS Girls

10:10am - HS Boys

10:50am - HS Open Race

11:35am - HS Awards and Coaches Meeting (Awards presentation will take place at white pavilion east of Cahoon Rd & Coaches meeting will take place in community room at the Bay Village Police Station)

12:20pm - MS Girls

12:50pm - MS Boys

1:20pm - MS Awards (Awards presentation will take place at white pavilion east of Cahoon Rd)