

Pre-race Info

Coaches,

Since I can't conduct my typical pre-race meeting, I'm sending this to you via email. I'd appreciate it if you shared this with your athletes.

- Tie shoes tightly (creek and mud) – Bread ties are available at the finish line should your runners need them to help secure the timing chip on their shoes.
- ***Gauntlet: run with eyes down (HS only)***
- Roots, hazards are marked with yellow paint. Impossible to get every walnut.
- Those near the front: Follow lines when the Gator pulls over (no creek crossing and no Gauntlet). Sorry about the dust.
- Other side of creek: past the white pole (turn-around area) is a little rough.
- When you run along double lines (lines/arrows going both directions), you may run on either line.
- Careful making the turn at the base of the hill near the gravel driveway. The trees there are in play.
- Although parts of the course are very smooth and well-maintained, please keep in mind that it is a working farm. Therefore, some ruts, rocks, plant debris, etc. may be found on the course. We've tried to pick up all of that and the sticks, branches, and walnuts, but more will fall before the race.

Coach Day

Washington XC Head Coach