

## **Fourth Annual Two-Mile Time Trial**

**When:** August 28, 2018

**Where:** North Hornell School XC Course (mostly flat, minimal pavement)

**Directions:** Avondale Avenue, Hornell, NY 14843 (Rte 36 to the light by McDonald's and Lowe's. Turn toward Lowe's, through the light to 4-way stop sign. Turn left on Cleveland Ave. and take second left onto Avondale Ave. Follow traffic pattern to behind bus garage to unload.)

**Fee:** A canned or dry food donation from each athlete and coach

**Time:** Course opens for tour at 8:30 AM.

Modified race at 9:30 AM

Varsity Boys race at 10:00 AM

Varsity Girls race at 10:00 AM

### ***Purpose?***

Here is a lower-impact chance for athletes to learn what a high school cross country race is like while providing coaches a chance to get a baseline per-mile time to work with for their runners. We welcome your modified runners to join ours for a run on the modified course to count as a practice session.

### ***What should athletes wear?***

That is up to them. They can wear school uniforms if they like, but this is not necessary as it is a scrimmage.

### ***What else do coaches need to do beside show up with runners and food donations?***

Bring a stopwatch and something to write times down on as we will not be scoring. We may have finish cards, but only as a backup to the timer. We will read times aloud as runners cross the finish line.

**Please confirm your intent to participate to [damian.demarco@hornellcsd.org](mailto:damian.demarco@hornellcsd.org) by August 17, 2018.**

We hope you can attend,

Damian DeMarco and Mike DeGaetano