

Third Annual Two-Mile Time Trial

When: August 29, 2017

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 fun run at 9:30 AM

Varsity Boys time trial at 10:00 AM

Varsity Girls time trial at 10:30 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 by August 18, 2016.

We hope you can attend,

Damian DeMarco and Mike DeGaetano