

## Hornell Cross Country Training Procedures and Routes

Cross country is a distance running sport. As a result, this requires leaving the high school grounds. As we are a city school district, Hornell runners will be in contact with vehicular traffic. As much as possible, the coaches choose routes that provide the distance required for successful training while minimizing time on thoroughfares. The coaches design the workouts, either by staggering starting times or distances, so that all runners should see other teammates during the workout and will convene at the end of the run at approximately the same time to stretch and to assure that coaches can dismiss athletes from practice within a confined time frame. Listed below are the procedures we expect all Hornell runners to follow when leaving the campus to train, as well as course descriptions and maps so that all involved directly (students and coaches) and indirectly (parents) will be aware of locations when practice is in session.

*When running off campus:*

- Run single file, facing traffic when there are no sidewalks.
- Stop, look, and listen when crossing key intersections.
- Cross with traffic lights.
- Do not cut diagonally across intersections or streets.
- Cross the entire street; don't get stranded in a median strip.
- Always run with a partner.
- Do not run on private property.
- Do not carry Frisbees, tennis balls, or any other distraction.
- Follow the approved specified course.
- Check in with the coach at the end of the day's run.
- Run defensively and anticipate problems.
- **DO NOT CHALLENGE VEHICLES.**

*As a preventive measure in case of emergencies, the following will occur at each practice session:*

- Each athlete who owns a cell phone will exchange phone numbers with all other team members. Students will behave responsibly and use teammates' numbers appropriately, specifically there will be no unwarranted contact or hazing. **Please note that coaches will not be providing their personal cell phone numbers.**
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- At least one member of each running group (partners or otherwise) will carry a cell phone. Coaches will run with at least one student who is carrying a cell phone. **Runners may listen to music with one earbud; the other ear should be listening for traffic.**
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- **In case of medical emergencies requiring immediate help, the runner carrying a cellphone will call 911.** After doing so, the runner will text the team members running with coaches to inform them of the situation so that supervision can be provided as quickly as possible.

## RUNS NORTH OF THE HIGH SCHOOL

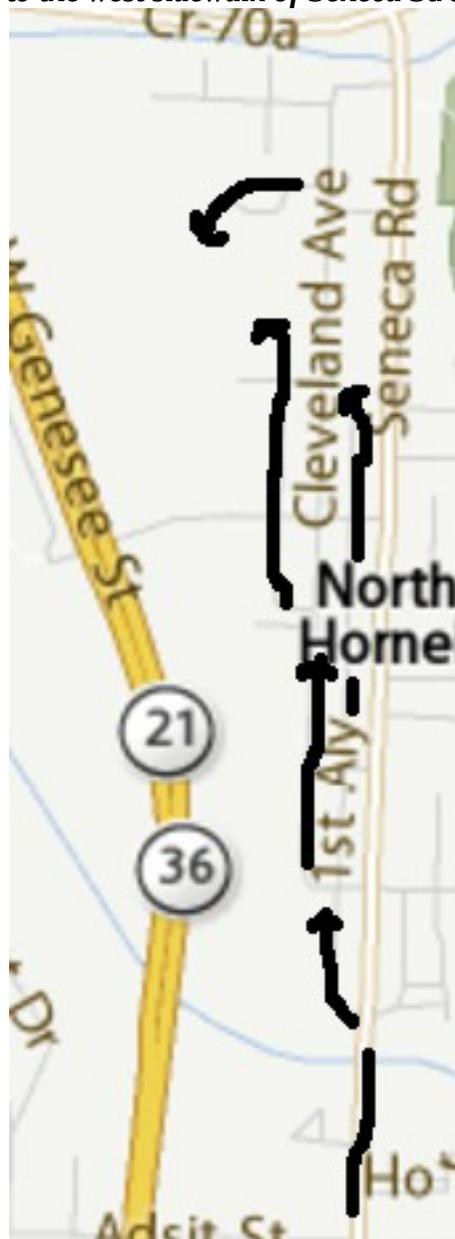
### **North Hornell Campus**

One of the cross country team's courses is located at the North Hornell campus, including the field adjacent to the baseball diamond and the path that runs along the creek to the Barillo memorial.

Any intervals run at this location will occur within the confines of the course.

**ACCESS:** Athletes will cross Adsit Street by the basketball court parking lot, run to the west side of Seneca Street, and approach the North Hornell campus by one of three means: **A)** the Seneca Street sidewalk, **B)** the alley between Seneca and Cleveland Avenue (this is the preferred route), or **C)** Cleveland Avenue. Upon reaching Bethesda Drive, athletes will primarily turn left to access the Mercycare driveway and continue North to the campus. In some cases, runners will continue down Cleveland Avenue to the Avondale Avenue entrance. The team meets and conducts practice from the concession stand. Athletes return to the high school by any of the three routes mentioned above.

*For each of the following three courses, athletes will begin by crossing Adsit Street by the basketball court parking lot, and run along to the west sidewalk of Seneca Street.*



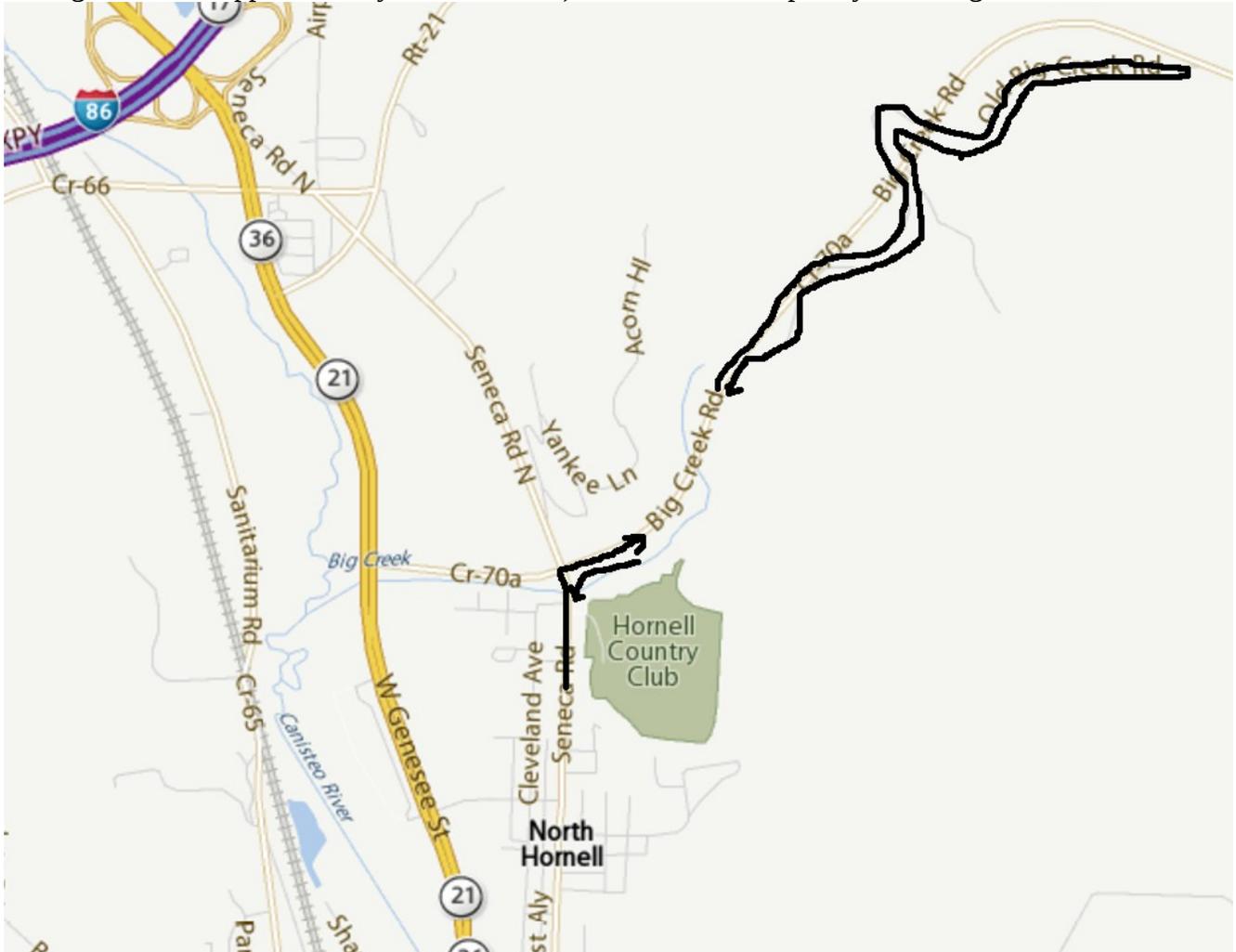
## Fawn Hill

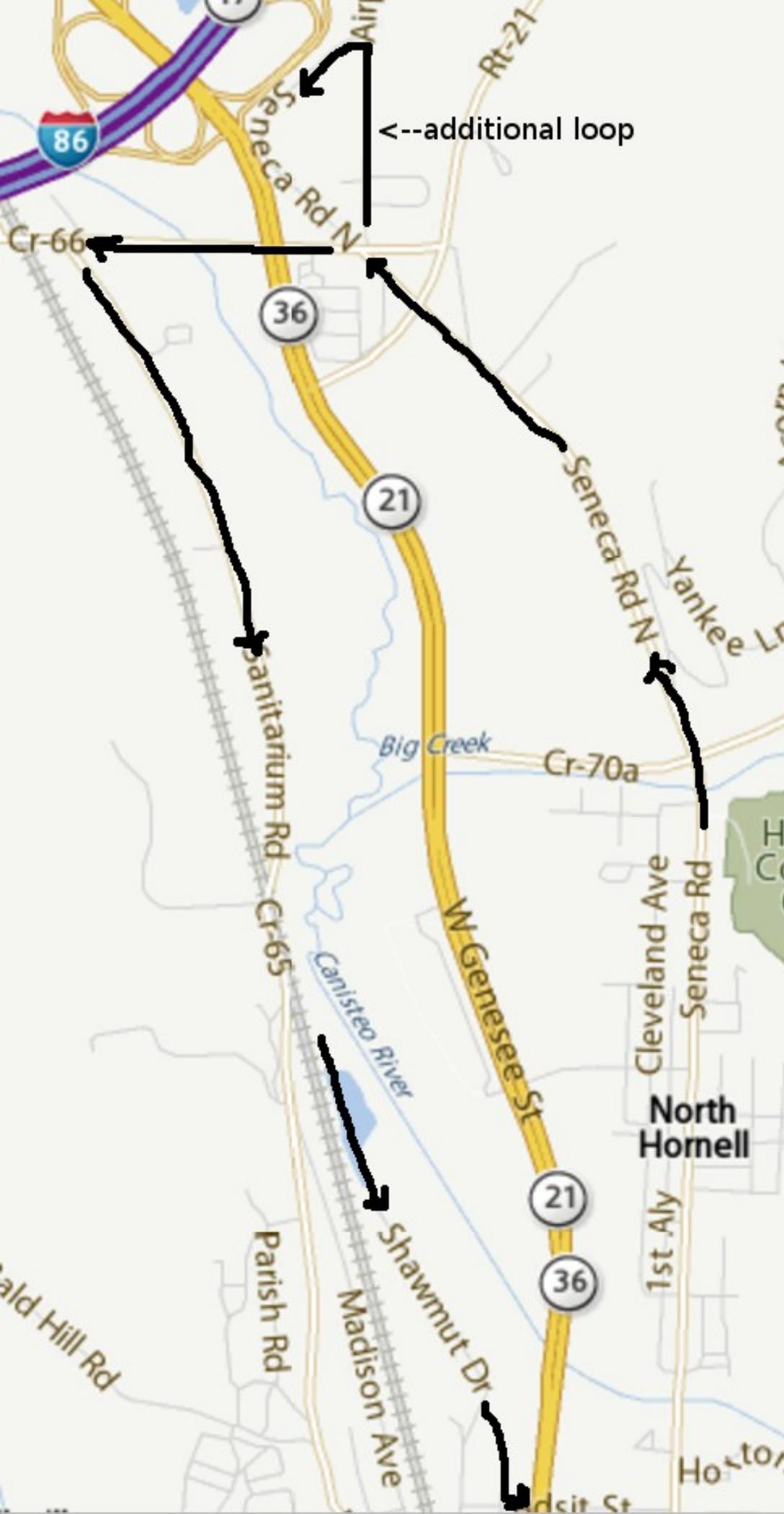
Athletes will cross Seneca Street by the gas station, continue in the grass up into the Fawn Hill housing section. Students will run the loop up to three times. Students will return by crossing at the gas station, turning into Barillo Park and return either by way of Cleveland Avenue or through the back portion of the cross country course.



## Big Creek

Athletes will cross Seneca Street by the gas station, continue up the left side of Route 70 to Old Big Creek Road, and continue on that road until it intersects with Route 70 at the stop sign. Runners will turn around here or at any point along Old Big Creek Road (slower runners do so to endure all return to the high school at approximately the same time) and return to campus by reversing the route.





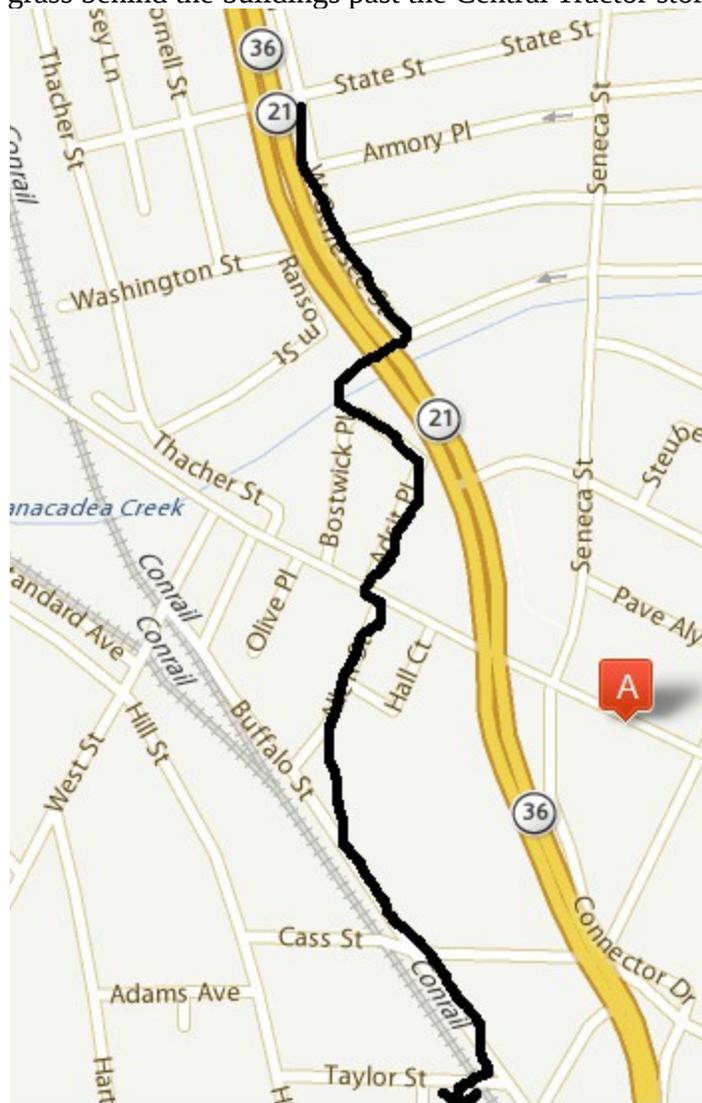
### Webbs Crossing

Athletes will continue of the west side of Seneca Street all the way to Route 66, turning left by the Aldi Market (in some cases, superior runners may add the loop around Maple City Bowl before turning onto Route 66), crossing Route 36 at the light, continuing on the south side of Route 66 to North Main Extension, run along the south side of North Main Extension, turn at the tracks into Shawmut Park, through Hewgate field to Adsit Street, crossing Route 36 at the light to return to the high school campus. In some cases, superior runners may add the loop around Maple City Bowl before turning onto Route 66.

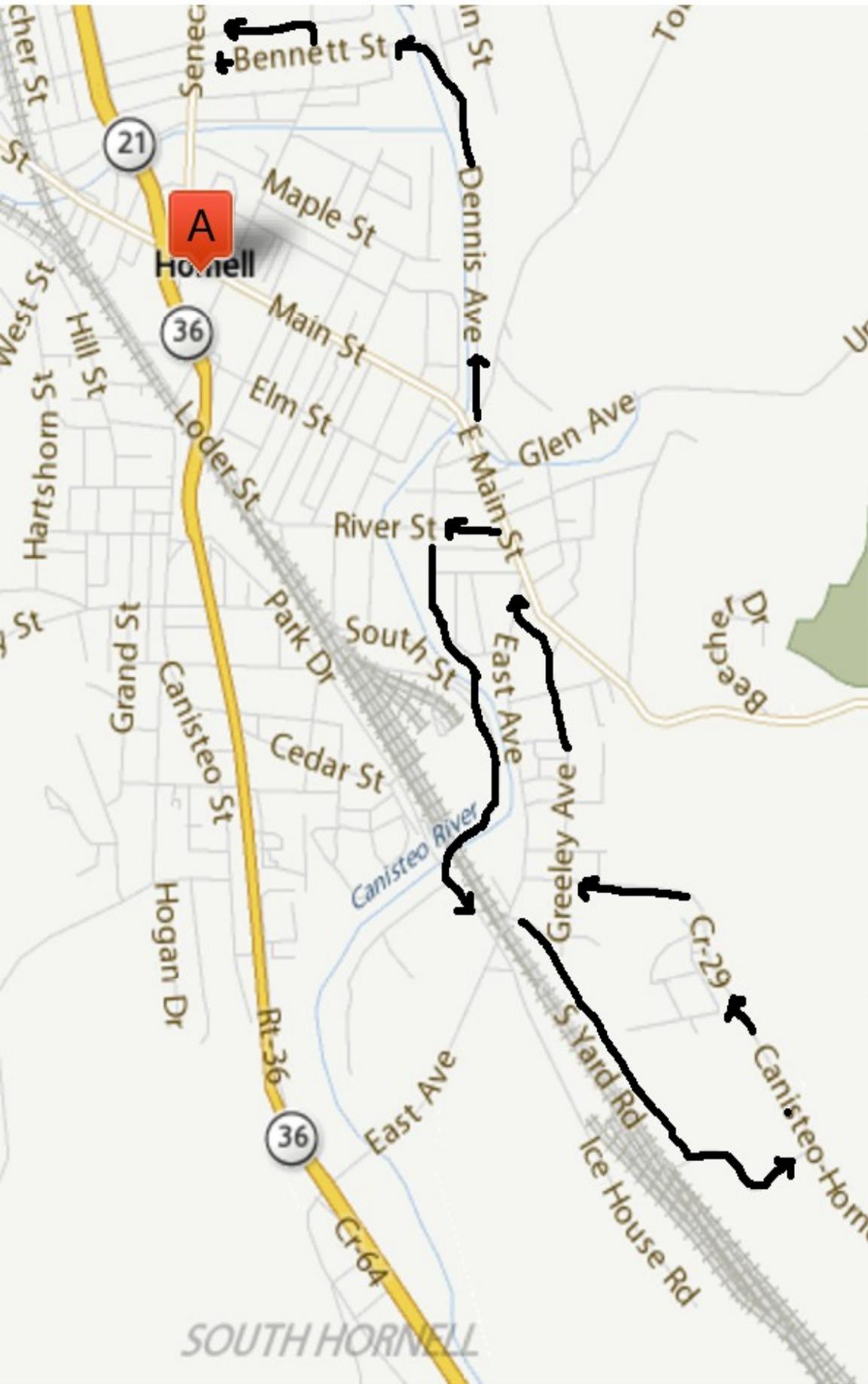
## RUNS SOUTH OF THE HIGH SCHOOL

Many of these runs may use the following start from the high school:

Leave the State Street parking lot by turning right. At the stop sign by Red Raider Drive, turn left and continue to the Willow Street bridge underpass. Bear left to Adsit Place, cross Main Street, and continue down Buffalo Street to the intersection of Taylor. Turn left and follow along the Railroad tracks to and run on the grass behind the buildings past the Central Tractor store to Park Drive.



## Living Waters Church (Woody's) Hill

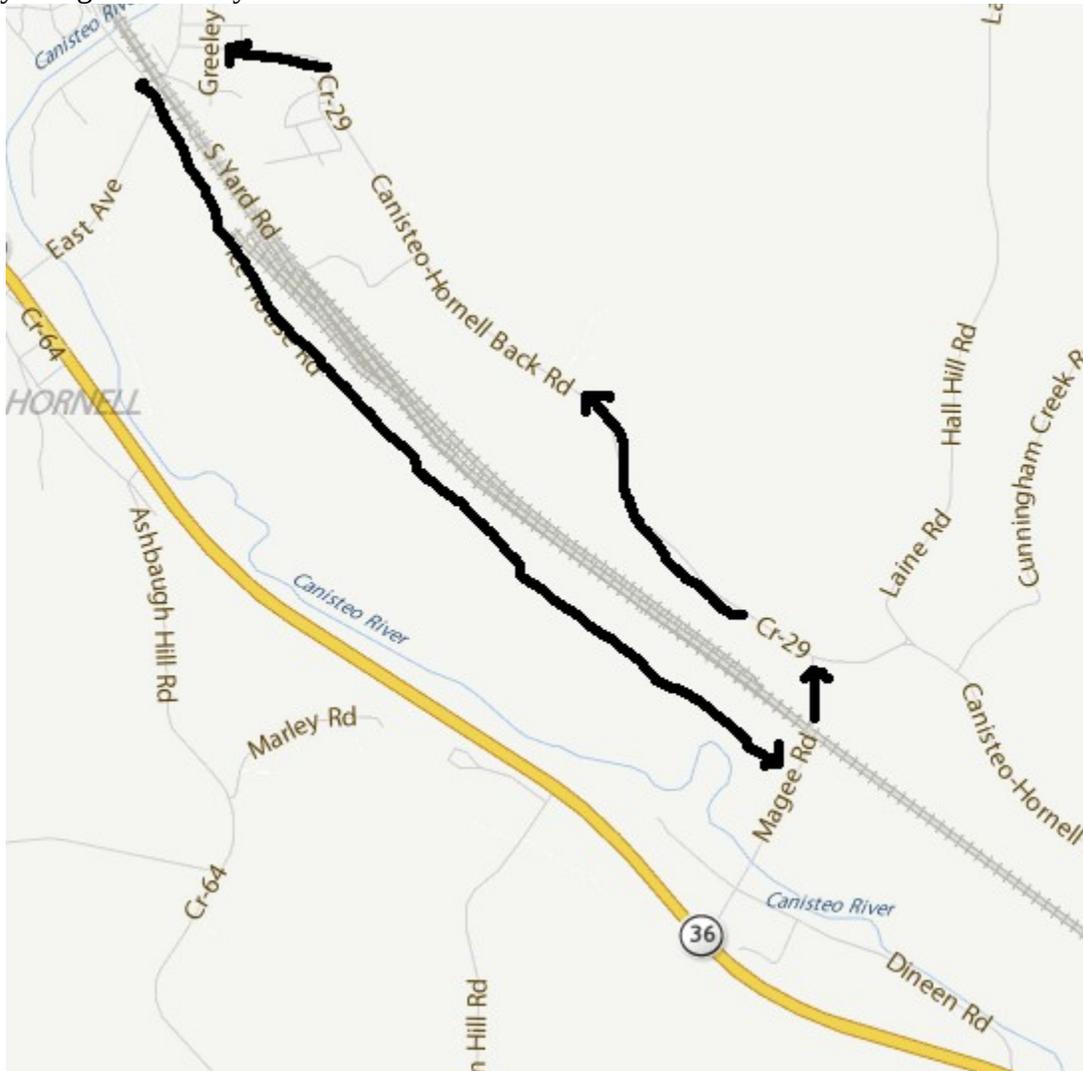


Use the standard footbridge start to the Sunset via Park Drive **OR** cross Seneca Street by the Scoop to Bennett Street. Running along the north sidewalk, athletes will continue onto the south side of Dennis Avenue, turn left onto East Avenue, cross to the south side of River Street, turn left onto Front Street, turn left onto the pedestrian path behind the Alstom factory, turn left onto Park Drive at the end of the path. **THEN** cross East Avenue by the Sunset Restaurant onto the back road to Living Waters Church. Turn left onto the dirt road next to the church and follow it to the Canisteo back road. Turn left and follow down the hill (Hart Street) to Greeley Avenue. Turn right on Greeley Avenue, follow it to the path that leads to the parking lot behind Rehoboth Church out to East Avenue. Continue to Dennis Avenue and return to the high school either by way of Bennett or Fulton Street.

More proficient runners may alter the above route by doing one of the following:

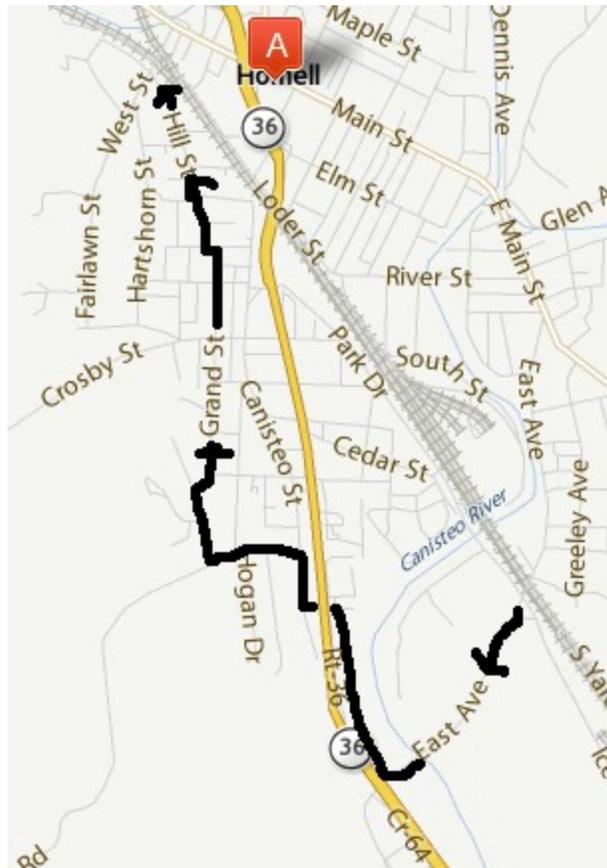
**ZY**

Athletes will use the footbridge access to Park Drive, continue across East Avenue to Ice House Road, follow this Magee Road heading toward the church, turn left onto the Canisteo Back Road, and finish the run by using the Greeley Street instructions.



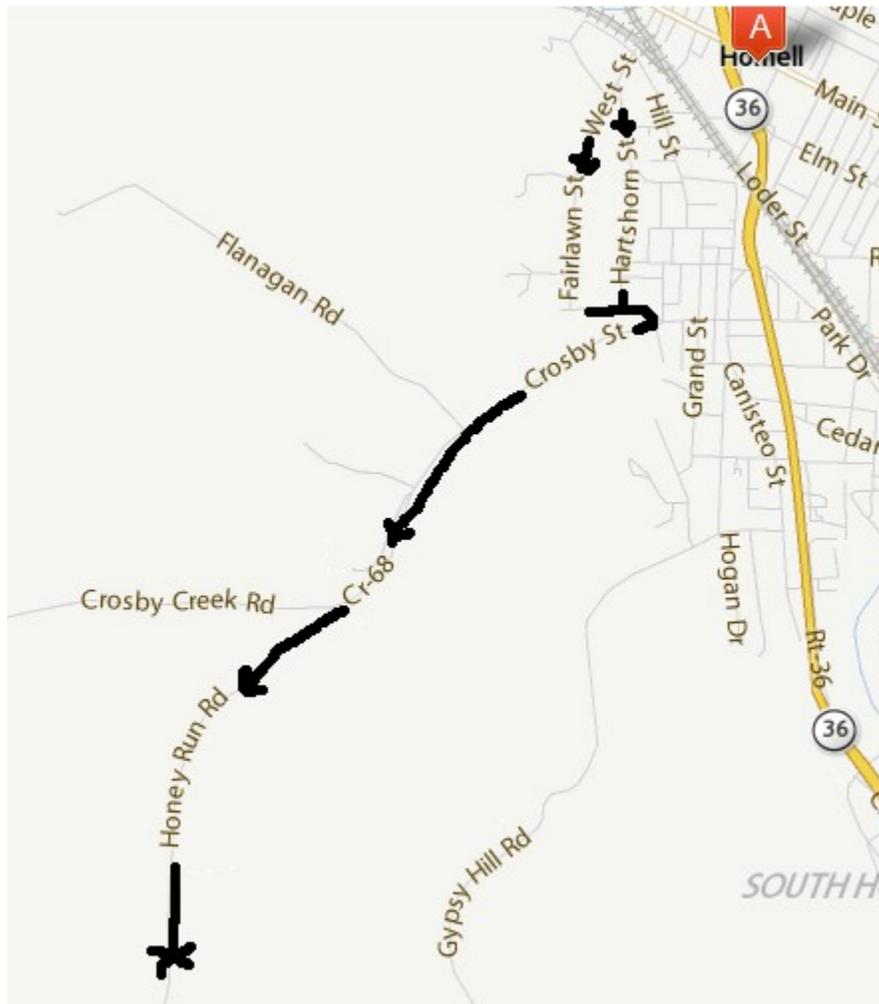
## Spencer Street

Athletes will use the footbridge access to Park Drive, turn right East Avenue, staying on the east shoulder until reaching Canisteo Street. Crossing here, turn left up Spencer Street to Fairview Avenue. Follow down to Grand Street. Turn left on Spruce, right on Hill, right on West Street. When reaching Main Street, athletes will either turn right to Bostwick Place and return to campus using the footbridge OR turn take the Thacher Street bridge to Adsit Street and cross at the intersection of Route 36.



## Crosby Creek/Honey Run

Athletes will use the footbridge access to Bostwick Place, turn right on Main Street, and cross at the Thacher Street light. Turn left onto West Street running up to Hartshorn Street (advanced runners may continue all the way to the top of West to Fairlawn Avenue). Follow Hartshorn to Wood Street until it intersects with Crosby Street. Turn right onto Crosby Street. Run facing traffic to Honey Run. Turn left on Honey Run and continue until the turn around time, then return by retracing the route. *N.B. The only time not facing traffic is when turning onto Crosby Street from Honey Run. Since this is a blind turn for oncoming traffic, it is safer to stay to the right until past the cliffs.*



## RUNS TO THE WILDWOOD CAMPUS

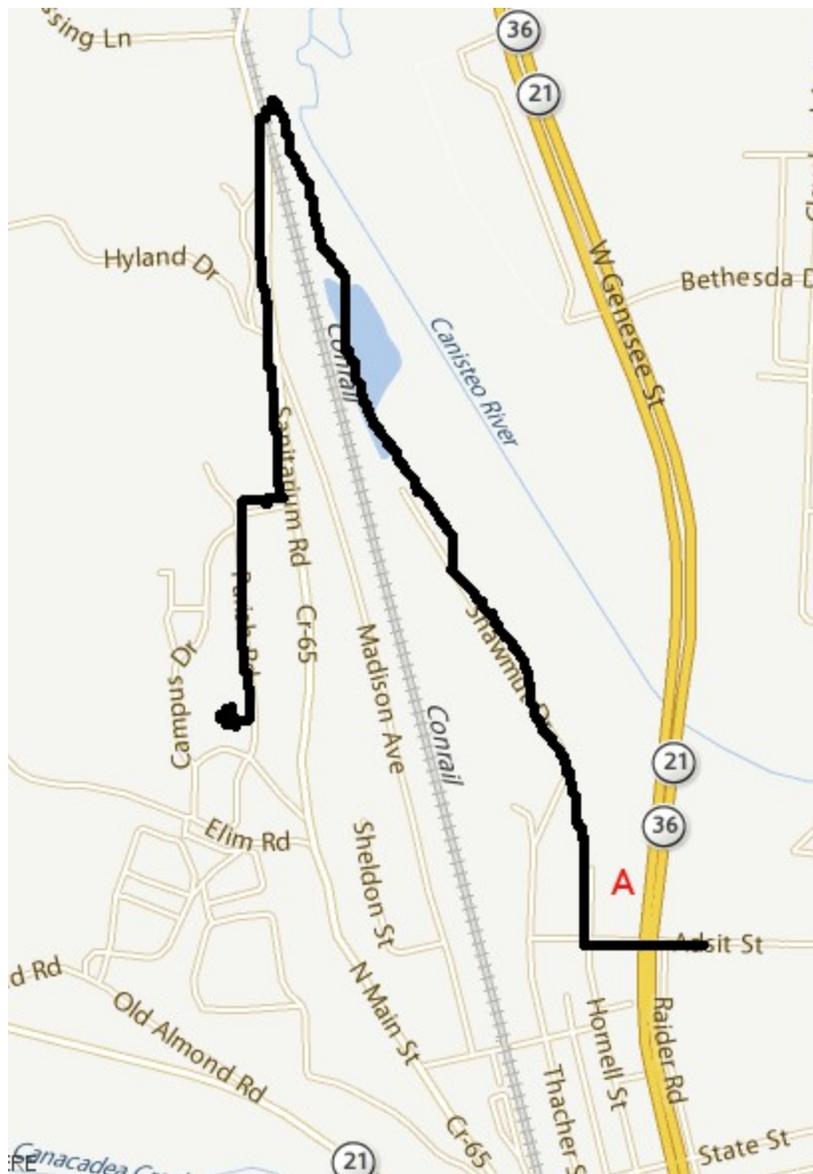
### **BOCES Wildwood Campus**

The other cross country team course is at the BOCES Wildwood campus. Once on the campus team members will meet in the quad near the Building 3 entrance.

Any intervals run at this location will occur within the confines of the course.

**ACCESS:** There are four ways utilized to enter the BOCES Wildwood campus. For the the first three: athletes will cross Adsit Street at the intersection of Route 36 and either

**A)** turn right into Hewgate Field, run through Shawmut Park to North Main Street Extension, turn left, run to Parish Road. Turn right onto Parish Road and follow it up the hill into the campus



**OR B)** turn left on Thacher Street to the Covered Wagon garage. Take the underpass to Steuben Street, turn right on North Main, and cross at the Beth El cemetery entrance and follow the road to the BOCES campus **OR C)** run along the sidewalk to the Bald Hill Road BOCES entrance on the left. The last **D)** is to use the footbridge access to Bostwick Place, turn right on Main Street, run over the Main Street bridge and follow the cemetery road closest to Main Street. Run through the cemetery to the BOCES campus. *Remember always to stay on the paths in the cemetery and maintain a respectful noise level.*

Athletes return to the high school by any of the four routes.

