

Tips for New Cross Country Runners & Parents

Runners:

Come early so you can walk the course and learn it before your race

In your backpack or cinch bag, be sure to pack:

- o Extra socks (your feet may get wet/dirty)
- o Tights/Running shorts—no logos
- o Spikes--recommended so you don't slip
- o Extra (comfortable) shoes (so you can save your spikes for your race)
- o A change of clothes on days where it has rained prior—course will be muddy
- o Gatorade and/or water
- o Light (nutritious) snacks
- o Band aids in case of blisters

Wear Layers--when weather cools, be sure to wear hats, sweatshirts, and sweatpants over your uniform.

- o Under Armor
- o Gloves or mittens
- o Ear wrap or stocking cap
- o Blanket

Parents:

Pack a chair to sit if you don't intend to follow the athletes...you will be in a field

Look for the Orange tent for Ryle Runners

- Bring money...there are parking/entrance fees to most races & they sell concessions and t-shirts at most events
- Wear comfortable shoes--you will be running round the field to watch your child
- Bug spray and/or pain reliever such as ibuprofen
- Layers--Wear layers when the weather turns cool! Hats, gloves, & boots are a good investment if you are an XC parent
- Snacks/Drinks--Pack a small cooler so you can have it when you need it
- Friendly Reminders:
 - Weather: Cross Country weather tends to vary widely. We usually start in significant heat, then progress to much cooler temps (sometimes in 30's and 40's) in late October and early November. Checking the weather forecast the night before and morning of the meets will help with planning for how to dress. Please note that meets are not cancelled due to rain. Follow us on Twitter for the most current updates regarding all Ryle XC events. This will be the best (and sometimes only) way to receive real-time updates on meet days.
 - Arrival: Arrive at meets at least 1 hour before the race. The coaches must make sure everyone has a number, stretches adequately and knows the course.
 - Accessories: No jewelry-necklaces, bracelets, earrings etc. for athletes. No hair pins or barrettes, no metal of any kind on head, including stiff headbands. Long hair should be pulled back in a ponytail holder if possible, and athletes may wear an elastic headband.