

***Wilcox Patriots XC Schedule***

***2022***

***2020-21***

8/13 Peach State Preview Hazlehurst

8/20 Patriot Pride Invitational (RC) Home

8/27 Furlow Fast Feet Invitational Americus

9/18 GMC Bulldog Dash Milledgeville

9/17 Red Devil’s Town Creek Invite Hawkinsville

9/22 Bulldog Invitational Lyons

9/28 Viking Invitational Macon

10/6 Red Flame Classic (RC) Home

10/13 (HS) Kent Kramer Classic Athens

10/15 (MS) Middle School State Cochran

10/21 (HS) Region 4-A Rochelle

\*11/6 GHSA State Cross Country TBA Carrolton

*\*(Must qualify)*

*All meets with (RC) have 5th grade and under runs “run club”.*

*(HS) high school only.*

*(MS) middle school only.*

Race Strategy checklist for Cross Country

*(Winning techniques on the race course)*

|  |  |
| --- | --- |
| The start | * To avoid being jostled, boxed-in, or forced to use a very short stride (all of which are energy wasters), get away from the line quickly and assume a natural running stride as soon as possible. * When starting, use a semi-upright type of stance, weight on the front foot, body coiled with the center of gravity well forward and low. Drive from the front foot and move ther rear foot out quickly. |
| Pace | * By the time you run your first race, you will have some knowledge (through drills and practices) of what pace you can run. In the race, avoid beating yourself by expending too much energy early and having nothing left for the finish or going too slowly and having too much left at the end. * Give your ALL! Distribute all of your energy equally of the entire course so that 10 yards past the finish line you feel as if you cannot run another step (because you shouldn’t be able to). |
| Check out | * If you feel yourself tiring, “check out” (lift your knees more and increase your stride) and you will feel less tired due to the change in pace and you will not slow your pace, which loses races. |
| Think | * Races can be lost by runners going to sleep mentally. * Stay alert at all times and keep thinking of the race and changes tactics according to conditions when necessary and only when necessary. |
| After the race | * Thinking continues after the race is over. * Review your tactics while they are still fresh in your mind so you can profit from any mistakes you might have made, or any tactics that worked particularly well. |
| Know your opponent | * By knowing your opponent’s strengths and weaknesses, you will be better able to run a race designed to beat them. Study all possible reports about opposing teams and use information to your advantage. |
| Know the course | * The better you know a course, the better race you will run. * If practical, always practice on the course you will run the race on. * If this is impractical, walk or warm up on the course if possible. During a walk through, you should not be using this as social time with your friends! |
| Single file areas | * Know where the single files areas are- just before them is a good place to pass your opponent. Never let your opponent pass you before going into one of these areas. |
| Avoid getting “boxed in” | * Know situations where getting boxed in is possible. * If one comes up, simply run on the outside shoulder of the runner in front of you. |
| Passing | * Whenever you pass, do it quickly and smoothly giving the impression of being fresh. * Do not settle back in stride too quickly, you may be passed again. |
| Passing on hills | * One of the best places to pass an opponent is when going uphill. * Many times you have them “beat” right there. Remember, however, don’t expend too much energy. * Only pass when you are sure you have “enough.” |
| Hills | * Attack these hills as if you were running up a flight of stairs. * Pump your arms for extra strength and attack the hill! * Use the momentum that the hill provides when running down. It is FREE speed! |
| Blind turns | * Just after you have made a blind turn is a good time to increase your speed. * It is disheartening for your opponent to come around the turn and find you have increased your lead. * By the same token, as soon as your opponent takes a blind turn, increase your speed so you can hold your ground on pick up on them. |
| Picking them off | * As you approach runners along the course, hold your pace for a short while. * When the time is right increase your pace and pass them. * Remember every place counts. |
| Pack running  (ducks in a pond) | * In pack running, two or more runners of about the same ability stay together during the majority of the race. * If the slower runner can keep “glued” to the faster runner, your team will finish better. |
| The Finish | * At the finish, you are no longer a distance runner, you become a sprinter! * Make the necessary changes in your form and run through the finish line. * Always run as if the finish line is 10 yards past he actual line!! |

**Approaching your first Meet**

All meet information will be provided via google classroom and team snap at least a week out from the meet. It is YOUR responsibility to provide family members with this information.

* Date of meet
* Departure time and location
* Race schedule
* Course information (map)
* Entries
* Competition to expect
* Return time (approximate)
* Travel directions and destination

**What to Bring** *(pack your bag the night before)*

* Uniform
* Running shoes
* Dry clothes (just in case)
* Water
* Money for food on the way home, shirts, snow cones, etc.
* Inhaler or brace if needed.

**Pre-race meal** *(Eat approximately 3-4 hours before the meet).*

**Sample Breakfast Meal:**

* Bowl of oatmeal with a small amount of skim milk.
* Glass of orange juice. (other juices may lead to gastric problems)
* Dry toast and jelly (no butter)
* Regular tea or coffee (no decaf)
* Cool water
* No fats or sweets for 12 hours prior to a meet.
* If you eat closer to race time then reduce the volume substantially
* Take your last fluids no closer than 20 minutes prior to race start and limit the volume to 8 ounces or less.

**Post-Race**

Runners will stretch and do a “cool down” run with their teammates shortly after finishing the race and turning in their tags.

**Running Terminology**

|  |  |
| --- | --- |
| Stride | Gradual acceleration to a sprint then a deceleration |
| Easy run | Athlete can run at a conversational pace |
| Tempo run | Run at tempo pace (approximately 20-30 seconds slower than 5k race pace) steadily: jog easy for 5-10 minutes before and after the workout. |
| Hill Repeats | Find a good hill, approximately 10-200m in length; run hard up the hill; jog easy down the hill, repeat; jog easy for 5-10 minutes before and after the workout. |
| Speed Work (intervals) | A series of vigorous exercise bouts followed by rest intervals so that heart rate returns to normal. |
| LSD | Long slow distance runs. Easy pace for a long distance builds endurance. |
| Pack running | Any group running in close proximity (ducks in a pond). |
| Cool down | Exercises that are designed to facilitate a quick recovery from a completion or practice. |
| 5K | 3.1 miles (high school race distance) |
| PR | Personal record- your fasts race time for a specific distance. A runner’s best time for a certified distance or on a particular course. |
| Splits | The accumulated time at various intervals during a race (usually each mile) showing an athlete’s progress. Coaches will provide this information to runners to help insure that they are pacing themselves properly. |
| False Start | Runner leaving the start line early. Runner disqualified and race restarted.  \*If a runner falls within the first 100 feet the gun/air horn will signal (2 times). The race will restart. |
| Finish Chute | The roped off area at the finish, through which runners are directed in order to establish place in a race. |
| Varsity Team | A minimum of 7 runners and a maximum of 15. The top 7 compete at regional and state levels. |
| Junior Varsity | Any runner who is not on the varsity team. |
| Spikes | A shoe that will have five to seven spikes inserted into small holes on the forward part of the shoe, which helps with traction and speed. Used in races only. |