

# Fall 2016 Accelerators Cross Country

The youth running club cross country season occurs in October and November. The Accelerators participate in several meets (described below) culminating in a national meet and a fun meet in Wisconsin. Please read the information provided below and if you have any questions, please ask Scott and/or Keith. For information, history, results, you can always check Facebook (Accelerators Running Club) or the website ([acceleratorsrunning.com](http://acceleratorsrunning.com)).

## Practices

Everyone is welcome to participate. Adults can participate alongside the kids. Remember that everything is voluntary. Accelerators running on school teams are welcome anytime that their school teams do not meet; they need to inform the Accelerators' coaches about what they have been doing the last few days and any upcoming races. After the school season is done, please come back and invite your friends.

## Weekdays

Practices are at 5pm. Now until day-light savings ends, we will have practices at the Windmill. At least one day a week will be speed and at least one day a week will be hills.

After the time change, we will run speed twice a week at Marjorie Murray Park (Geneva HS) and distance three nights a week at Peck Farm.

## Weekends

Weekend practices will be at 4pm. At least one day each weekend will be long fun runs. During September, we will spend a day each weekend running our home course at Herget Middle School in preparation for our home meet. In November, we will do a couple of long speed repeat workouts in preparation for nationals.

## Meets

All meets in which we participate will require an individual entrance fee. Meets are voluntary and may require some travel. There will be emails and announcements at practice for filling out entry forms; most of these will need to be done days in advance. A team for each race is a minimum of five runners and we hope to have a team for each division and gender.

## Youth Club Meets

Nearly every Saturday in October there will be a youth club hosting a meet. Entry fees range from \$6-\$8; our home meet is free for Accelerators families.

## Schedule

Generally, there is a course walk around 9am followed by races every half hour. Each meet will have its own schedule with the younger kids running first.

| Date       | Host               |
|------------|--------------------|
| October 1  | Belvidere Tornados |
| October 8  | Accelerators       |
| October 22 | Elgin Sharks       |
| October 29 | Rockford Wildcats  |

## Home Meet

We will be asking for many volunteers to help with our meet on October 8 at Herget Middle School. We will need people to help with the meet setup the night before. During the meet we will need people to work the finish chute, be course marshals, and work concessions; we try not to have you work during your child's race. We will also need help cleaning up the school grounds after the meet.

## Divisions

Here is a chart showing the different age categories and the distance that are raced. Girls

and boys generally race separately unless there are not many runners in an age division.

| Year Born    | Division | Distance   |
|--------------|----------|------------|
| 2008 -- 2011 | Primary  | 1500/2000m |
| 2006 & 2007  | Bantam   | 3000m      |
| 2004 & 2005  | Midget   | 3000m      |
| 2002 & 2003  | Youth    | 4000m      |

Generally, there is a single Open race for runners born in the year 2001 or earlier.

### Rosary HS Touch of Cross

This is a fun weekday race. Kids are grouped by grades. Each race is 1 mile with hay bales and a water pit to jump. The date has not been set (last three years in mid-October); when we find out the date, we will announce it. In the past, the cost was \$1 to race.

### Nationals

The Accelerators participate in the Cross Country Coaches National Youth Championships. The meet is November 19 (Saturday before Thanksgiving) in Evansville, IN. In addition to the above classifications, older kids can participate.

| Year Born   | Division        | Distance |
|-------------|-----------------|----------|
| 2000 & 2001 | Intermediate    | 5000m    |
| 1998 & 1999 | Young Women/Men | 5000m    |

Additionally, there is a Race of the Americas for 5-7 year olds to run 800m.

Last year we had 49 runners participate and we hope to increase that number. There is a membership and entrance fee for this race. There will be emails sent out describing organizational aspects near the end of October.

### Footlocker Midwest Regional

The Saturday after Thanksgiving is the Footlocker Midwest Regional race held at UW Parkside near Kenosha (about a 90 minute

drive). There are several 5000m high school races, a 5000m open race and a 3000m youth championship race (younger than high school). The fee increases from \$15 to \$25 based upon sign-up date. More information will be in an email in October.

## Accelerators Clothing

### Uniform

Accelerators racing shirts are available for \$15 from Sandy and Scott Kurth. The shirt is red with light blue lettering: "Accelerators" is on the front and the logo on the back. Please wear either light blue or black bottoms. In cold weather, please wear extra layers underneath the uniform.

### Spirit Wear

We use an online store to purchase jackets, sweats, long and short sleeve non-racing shirts. The store is open for a set time. When the online store is closed, all orders are fulfilled and delivered to our liaison. Watch for emails announcing when the online store is open.

## Accelerators Volunteering

### Fox Valley Marathon Water Stop

Accelerators families can work a water stop on the morning of Sunday September 18. The time and location will be announced. If your family is interested in helping, please contact Keith.

### Fox & Turkey Race

The Accelerators are renewing a partnership with the Fox River Trail Runners to host this 4 mile race and 1 mile youth race on Thanksgiving morning in Batavia. We will need families to help with being course marshals and running the water stop. There will also be opportunities to help with packet distribution and such. Stay tuned.