

# Accelerators 2017 Summer Information

Last weekday practice at Rotolo Middle School track will be Thursday June 1. Starting June 5, practice Monday, Tuesday, Thursdays and Fridays will be at the Fabyan Windmill (Route 25 north of Fabyan Parkway). Wednesday nights will be the following:

- Wednesday June 7 will be at the Windmill.
- Wednesdays June 14 to July 19: Accelerators Cross Country Race Series.
- Wednesday July 26 will be Summer Sunset 5K and Jamie LaForce Youth Mile.
- Wednesdays August 2 to August 23: Summer Mile Series.

Weekend practices will continue to be TBA during the week dependent upon weather forecast. Currently we meet on weekends at 4pm, starting in mid-June weekend practices will be at 9am. Practices are 60 to 75 minutes long.

Days of NO practice or Accelerators event: Monday May 29, Friday June 2, Sunday June 18 and Tuesday July 4; there may be others as coaches schedules are finalized.

## Special Events:

- On the evening of Friday June 2 is the **Magis Miles** ([magmiles.org](http://magmiles.org)) being held at St Ignatius College Prep in Chicago. There is a \$25 entry fee (+ online fee) that showcases different races (pro/college, high school, middle school and below). Several Accelerators participated last year and all enjoyed the experience.
- In the morning of Saturday June 17, the Accelerators will hold an **All-Relay Meet** at Rotolo Middle School track. We will try to have relay teams that use the two year age groups. Relay races that we are considering are 4x100m, 4x200m, 4x400m, 4x800m, Sprint Medley (100m + 100m + 200m + 400m), Medley (200m + 200m + 400m + 800m) and Distance Medley (1200m + 400m + 800m + 1600m). As usual, parents are encouraged to put together teams. FREE
- **Summer Cross Country Race Series** (Wednesday nights June 14 to July 19) will be held at Herget Middle School (1550 Deerpath Rd, Aurora, IL; take Orchard road to Sullivan Rd south of I-88 and take Sullivan west and then turn left onto Deerpath). Distances based upon grade in the fall: 5<sup>th</sup> grade and below will run 1 mile, middle school will run 2 miles, and high school and older will run 3 miles. 5:00 will start registration, 5:30pm will be the course walk, and races will begin at 6:00pm. FREE
- On Wednesday July 26 at Geneva High School is the **Summer Sunset 5K & Jamie LaForce Youth Mile** (age 12 and under), as well as the Junior Jog of 400m (age 9 and under) and Toddler Trot of

100m (age 5 and under). The Accelerators are working with the Fox River Trail Runners to put on this event. More information to come.

- **Summer Mile Series** (Wednesdays August 2 to August 23) will be held at Rotolo Middle School Track. Anyone can participate. This will be a full mile timed for FREE. Runners of similar ability will run at the same time. Sign in will start at 5pm with the first race at 5:30pm.
- There is discussion of expanding Geneva High School's intra-squad Kristoffer Larsen Memorial Meet to include a public race on the morning of Saturday August 19 at Leroy Oaks Forest Preserve. More information to come.
- Sometime near the beginning of next school term in August will be the annual **Accelerators Pre-season XC Picnic**. All details to be announced.

**Other Track Meets:** There are track meets (local, state, national) where there is an entry fee per event as well as tickets to attend the meet. The Accelerators Running Club is an USATF club. If you race at an USATF event, you can list the Accelerators as your affiliation. Please let the coaches know if you will be representing the Accelerators.

**Other Races:** If you are planning to do other races (road races, Spartan races and such), please let the coaches know and they will help you plan/train. Coaches have also helped parents prepare for races. The Accelerators get many requests for advertising races for many different great causes. However, we try to adhere to keeping our family costs down and generally only pass along information for races that cost \$20 or less.

**Summer Cross Country Camps:** If you are doing a school summer cross country camp, you can still come to Accelerators practice. Please inform the coaches what you have done for your camp. You may be asked to mentor a new/younger runner.

**Water and Sweats:** Reminder to bring water or sports drink to all practices. Please try to remember to take your stuff at the end of practice (coaches have collected lots of water bottles and clothes). If the temperature is slightly cool, bring sweats; one can always take them off.

**Up to Date Info:** The Accelerators Running Club Facebook page is publicly accessible and will be the most up to date. The last three posts are duplicated at the bottom of the Accelerators web page (acceleratorsrunning.com). There is a link from the Accelerators web page to the Facebook page.