



**Youth Cross Country Invitational
November 18, 2012 at Van Cortlandt Park, Bronx**

Pre-Event Instructions

Teams arrive at 8:00 a.m.

Girls run at 9:00 a.m.

Boys run at 9:20 a.m.

- **Subway Directions:** Take the north bound #1 train to the last stop (242nd St.). Exit at the front of the train and proceed north along the park.
- **Driving Directions:**
 - West Side: West Side Hwy to 95 North to Major Deegan Expwy to Exit 11 - Van Cortlandt Park - turn right onto Broadway go up to 252nd Street.
 - East Side: FDR to Triborough Bridge or Willis Ave Bridge to Major Deegan Expwy to Exit 11 - Van Cortlandt Park - turn right onto Broadway go up to 252nd Street.
 - Parking: You can park along the park on Broadway or you can go to the **VCP Parking Lot**. (If you're going South on Broadway make a left on Van Cortlandt Park South. Go towards Major Deegan North – make a left towards the golf course and you'll find the parking lot in there – Do not get on the Major Deegan!)
- The registration table will be located near the finish line, which is adjacent to 252nd St. and Broadway on the field near the Tortoise and Hare Statue. **Please make sure your team is at the start line at least 10-minutes before the race start time. There will be no race day registration.**
- The race distance will be 1.5 miles
- All kids must pin their bib number to the front of their shirts so it is visible during the race.
- Runners must wear the ChronoTrack D-Tag on their sneaker in order for their times to be recorded. For directions on how to attach the D-tag, please refer to the attached instructional sheet.
- There will be a baggage area with **black plastic bags** and labels to write your school/team's name and stick to the outside of the bags. Your kids should put their belongings in the bag(s). Please make sure the bag is sealed so nothing gets misplaced or falls out. Tell your kids to leave their valuables at home. We are not responsible for lost goods.
- Public bathrooms are located in a small building at the south end of the Park by the playing fields.
- Make sure your team **warms up and stretches with enough time to line up before the race starts.**
- This invitational is open only to invited NYRR program teams. The races are for kids only; the NYRR Fred Lebow Cross Country Championships for adults are later in the day. **Coaches and/or parents interested in running the NYRR Fred Lebow Cross Country Championships must register and pay through NYRR.**
- Make sure your kids know to pace themselves throughout the race.
- At the end of the race, each runner will get their bib marked to receive a t-shirt and cereal bar. Adults will be given t-shirts at the end of the event after the kids get them and if there are enough left.
- Before you leave the park, please remind your team to request a garbage bag to clean up after themselves.
- Medals will be awarded to top individuals in each age group. Results will be sent to all participating sites along with the medals and team plaques the week following the race.