

As the meet date draws near, Here are some updates:

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- Our coaches and volunteer parents have been working hard on the course to prepare the surface. When you arrive on Saturday morning, you will experience a true cross country course with dirt, prairie grass, small weeds and undulating terrain. We have been mowing the entire course, removing any cactus, rocks, prairie dog dens, and other undesirable stuff. We have been dragging a surface "conditioner" across the course to level it out. This is not a golf-course surface; please prepare your athletes for a true cross country surface. Runners Roost will have the finish chute set-up, and Championship will have their electronic timing mat in place at the finish line.
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- The forecast from Weather.com shows 80 degrees through next weekend with zero percent chance of precipitation. I am a Colorado Native, and I know that long-range forecasts can change, so be prepared for all weather conditions. However, if it is hot and dry, so will the course be. If you or your athletes have allergies or asthma, prepare for dry grass and dusty conditions.
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- When you arrive on site, we have hired a parking company to direct you swiftly to a parking spot. Buses, team vans and cars will all have their own lots. Please plan to arrive on site **EARLY to avoid any traffic snarls that may occur. There is but one way in and out of the Arapahoe County Fairgrounds site, but we feel that we can swiftly get you parked, barring any unforeseen "accidents."**
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- Proceed to the big **GREEN TENT**. You can't miss it. This is home to Packet Pick-Up, Medical/Trainers, Concessions, and Awards Posting/Distribution. You will receive a packet with your varsity athlete timing chips (with instructions), course maps, and final instructions. This is also where you will return all of your timing chips following your race. These chips must be returned, or you will be charged for any that are missing.
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- We have trophies for the top 3 teams in each varsity division. We also have Medals for the top 10 individuals in each varsity race and ribbons for 11-20 individuals. No awards for the open races. Runners Roost has some special gifts for top individuals that will be given in the finish chute.
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- Former Smoky Hill runner and current Nike sponsored athlete, Brent Vaughn, will be on hand to sign autographs!
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- Team camps will be located adjacent to the registration tent on two patches of green grass. If these get filled-up, bring a large tarp to make camp in the dirt parking area near the finish line.
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- 25 porta-potties will be lined-up near the start/finish area for athletes and spectators. Athletes will not have access to the main building or its restrooms.
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- Handicapped individuals, Coaches and Officials ONLY will have access to indoor restroom facilities located in the main building. Coaches will have a pass in your packets for a special breakfast item, compliments of our parent boosters.
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- Have athletes bring a few extra dollar bills, as we will have inexpensive Gatorade, water, and food items at concessions. Our enthusiastic parent boosters will take care of you there.
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- Each coach will be provided a trash bag and a recycle bag when checking in. Please direct your team to recycle all items possible. Bring both to designated trash and recycle bins located near the registration tent.
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- If you have not paid for the meet yet, please bring a check or cash for \$140 with you. You will be given a receipt for your payment on site.
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- Remind your athletes to hydrate well this week, and bring an extra pair of socks to the meet. I get itchy feet when I run that course, due to the dry grass.

Happy training to you and your teams! From the coaches and parents of Smoky Hill Cross Country, we are excited to host this event and we look forward to seeing your smiling faces next Saturday, Sept. 4th!