

DURHAM STRIDERS CROSS COUNTRY

ELIGIBILITY: All children who are ages 7-8 through 17-18 are eligible to participate

Practice Schedule:

Mondays:	Duke East Campus Wall	5:30-6:30PM
Wednesdays:	Duke Gardens	5:30-6:30PM
Saturdays:	Duke's Al Buehler Trail/Whitfield Hills	9:00-10AM

Registration fees:

New Durham Strider Registration:	\$50
2013 CURRENT Durham Strider Registrant	No further fees
2013 NEW USATF Registration	\$20
2013 CURRENT USATF Registrant	No further fees

Tentative competition schedule:

5-Stage 8 miles High School Relay	September 14, 2013 Greensboro, NC
OR	
Magnificent Mile	September 15, 2013 Raleigh, NC
Greensboro XC Invitational	September 28, 2013
OR	
Hagan Stone XC Classic	October 5, 2013
Pumpkin Run	October 26, 2013 Chapel Hill, NC
NC (STATE) USATF XC Qualifier	November 3, 2013 Hagan Stone Park
Region 3 USATF XC Championships	TBA
USATF National XC Championships San Antonio, Texas	December 14, 2013

What you will need:

- 1) A GOOD pair of running shoes that are "fitted" for your foot/leg structure and gait. Our recommendation is 9th Street Active Feet, Iredell Street right behind 9th Street in Durham NC
- 2) An old towel to use for stretching /warming up before practice
- 3) At least 24 ounces of water per practice
- 4) PATIENCE: Cross country is a skill that comes with time, hard work, and CONSISTENT practice