

Durham Striders Youth Association
Cross Country Information

Please see general information for the 2016 Durham Strider XC season below:

We will begin our 7th Cross Country season on Monday, August 15th at East Campus on the lawn to the right of the Main Street entrance just as you turn into East Campus. Practice will begin at 5:30PM. We anticipate that practices will go from 5:30-6:45PM on Mondays and Wednesday. We will practice on Saturdays at East Campus Wall, the Buehler Trail in Duke Forest off Cameron Blvd and Whitfield Hills off Old Whitfield Road further down in Duke Forest beginning at 8:30AM.

Many of our kids use Cross Country as a conditioning base for the spring/summer track season. Everyone who participated in XC saw improvement whether they were in "sprinters", hurdlers, middle distance runners, and throwers, and of course our middle and long distance kids (800m+) were the talk of the nation this past year thanks in large part to their participation in Cross Country and Indoor Track.

For those who are new to Cross Country, we will practice on Monday, Wednesdays, and Saturdays using the following schedule:

Mondays/Wednesdays: East Campus Wall (meet at the gate to East Campus off Main Street): 5:30 - 6:45PM

Saturdays: Buehler Trail alternating with Whitfield Hills and East Campus Wall 8:30:00 - 10:00AM

For all sites, we try to limit our practices to about an hour of running excluding warmups and cool-downs. We try to get practices done early during the week since the days will begin to shorten as the season progresses. Our Saturday practices will be at the Buehler Trail in Duke Forest at the 751/Cameron Boulevard parking entrance to the Buehler Trail.

Once a month, we will practice at the WHITFIELD HILLS Trail off Old Whitfield Road (See directions below) or East Campus Wall. Please bring at least 20 ounces of water and an OLD TOWEL to each practice session.

XC MEETS

We will be looking at participating in at least 2-3 Saturday OPEN competitions before we enter the USATF JO Cross Country and potentially AAU CROSS COUNTRY JO competition. There is usually a STATE qualifier, a Regional qualifier that lead to the

National Championships. The 2016 USATF XC National Championships are in Hoover Alabama this year, December 10th.

We do not have information yet for the AAU XC National Championships Series. We will provide specific information once it is released by USATF and AAU

Children 6- 18 may participate in/run in USATF/AAU with the Durham Striders. A number of our middle and high school XC athletes participate in their respective middle and high school XC training programs and run USATF/AAU as well.

All athletes who compete in USATF/AAU must join USATF and/or AAU as members, which gives them a USATF and/or AAU number.

REGISTRATION INFORMATION FOR USATF and/or AAU

Please forward COPIES of ALL COMPLETED USATF and/or AAU CONFIRMED registrations to Mrs. Jeanine Holland at: jeanine.holland@dm.duke.edu

For USATF: Please go to www.usatf.org/membership to register for and obtain a USATF number. You MUST register WITH THE DURHAM STRIDERS. This is a CRITICAL STEP in your registration. Your registration will extend through December 31, 2016 and make you eligible to participate in all 2016 XC meets. You will need to renew for 2017 meets beginning January 1, 2017

For AAU: go to <https://play.aausports.org/joinaaumembershipapplication> to register for an AAU membership/number. AAU memberships EXPIRE as of December 1st of each year. So you will need to renew an AAU membership by December 1st, 2016 to participate in the 2016 AAU XC Championships later in December, 2016.

WHAT TO WEAR TO WEAR:

FOR PRACTICE: Loose fitting T-shirts)preferably long sleeved and shorts (early fall) and later in the fall, fleece long loose fitting pants. Regular running shoes. A hooded sweatshirt and when it gets cooler, a toboggan.

FOR MEETS: Durham Strider running apparel, e.g. shoes, running uniforms, warm- ups are all handled through Ninth Street Active Feet on Iredell Street here in Durham.

BACKGROUND INFORMATION:

For those who are new to the Durham Striders, the Strider program is one of the oldest and most successful youth developmental track programs in the country. The program, now more than 40 years old, has averaged more than 200 children/year in the Spring-Summer components, has trained numerous national champions, and been able to help more than 350 children to gain college scholarships. The program has been recognized nationally for the quality of the athletic training that the athletes demonstrate year-in and year-out and was recently cited as the best age-group developmental track program in the country. There are Olympians, NCAA champions, high school champions, and age group champions among our Strider athletes, but most importantly, we average 98% of our kids on the "A/B" honor roll in school, and all of the kids achieve wellness benchmarks for nutrition, hydration, weight control, etc. Please feel free to share the information with your church groups, community athletic programs (where many of our children participate in football, basketball, gymnastics, and volleyball).

If there are any questions, please contact Coach Frank Davis or go to the Durham Strider website: www.durhamstriders.com

SATURDAY PRACTICES: DIRECTIONS TO THE BUEHLER TRAIL

Take the Durham Freeway to the 15-501 exit TOWARD Chapel Hill. Once on 15-501, take the Duke University exit. At the bottom of the exit make a LEFT turn onto Cameron Blvd. Go through two stop lights. Just past the second stop light, look to the right where there will probably be cars parked along the road. There is an opening to the right that leads into the opening to the trail. If you get to the stop light where you would turn into the Washington Duke Hotel, YOU HAVE GONE TOO FAR. Bring a towel, and at least 32 oz. of water. Wear long sleeved shirts and jogging pants

DIRECTIONS TO Whitfield Hills/Old Whitfield Road

On some Saturdays, we will practice at the Whitfield Hills trails in Duke Forest. We are asking that EVERYONE try to meet at 8:45AM on Saturday morning to walk down to the trail together. Here are the directions to the Whitfield Hills if you are new to the team: Take the Durham Freeway to 15-501 South toward Chapel Hill. Take the Duke University Exit as if you are going to the Beuhler Trail. However, once you get off the exit TURN RIGHT ONTO 751/Cameron Blvd. Go to the round-about and take the 2nd exit which will put you on Old Erwin Road. From there, drive ~3.5 miles to Whitfield Road which will be a RIGHT TURN ONLY. Turn onto Whitfield Road and go about a 1-1.5 miles where you should see a bunch of cars parked on the right side of the road. I will try to get there before everyone else, so look for me. Please make sure that the kids bring an old towel and some water. We will practice for about 45 minutes.

DIRECTIONS TO EAST CAMPUS WALL PRACTICE: (Mondays/Wednesday afternoons, and selected Saturday mornings)

From the Durham Freeway, take the Swift Avenue Exit that will take you to Main Street. Coming EAST from Durham, at the top of the exit bear to your right to get onto Main Street. Make a RIGHT turn onto Main Street. GO to the next light on Main Street, and make a LEFT at the STOPLIGHT INTO East Campus. We meet on the lawn just to the right of the main gate into East Campus. Bring a towel and at least 32 ounces of water.

If you are coming from WEST from Durham, make a LEFT turn onto Swift Avenue to go to Main Street. Then follow the directions above in BOLD.

Hope to see many of you on MONDAY, August 15th at 5:30PM at the East Campus Wall!!!

Coach Doc