

Your First Meet

- Our first meet for the 2009 Cross Country Season is on Saturday, October 3, 2009 at Five Mile Lake Park in Federal Way, WA
- Print out a copy of the meet flyer from the Cascade Striders website (www.cascadestridders.com - click on the date of the meet, then click on “FWTC –XC Flyer”). Complete the registration portion of the flyer (one for each athlete) and bring it to the meet.
- When you first arrive at the meet, find the registration table. Turn in your registration and tell them that you are with Cascade Striders. They will write your child’s name on a list and hand you a sticker to put on your athlete’s uniform. It is best to wait to put this sticker on your child until right before his/her race, since they tend to fall off in the cold weather.

- **Registration fees are handled by the club.** You DO NOT need to pay any meet entry fees. The Cascade Striders handles paying fees for all registered members who have paid their season fees in full.
- **Check your event time on the Meet Flyer.** You do not need to be at the meet at 8:00am. You need to be there 1 hour before the scheduled time. If this is your first time running a meet at that location, you and your athlete will most likely want to arrive in time for the course walk-through. Check in with your coach 45 minutes before your event. Events may run up to 30 minutes early and you need time to warm-up, check- in, and get to the starting line.
- **Bring food.** Concession food is available, but the selection is limited and not as healthy as we’d like for our athletes.
- **Bring a stopwatch and notebook.** If you want to record your child's performances over the course of the season, bring a notebook and stopwatch.
- **Wear your Cascade Striders warm-up clothes and your singlet.** Often we will have cold, wet, and windy weather. You need to stay warm. If it is rainy, bring a waterproof coat and pants. Bring dry clothes to change into after the race. If it is cold, bring a hat and gloves to wear during the warm up and after the race. There is most often very little, if any, shelter, so bring an umbrella and plan to be “out in the elements” for the entire time you are at the meet.
- **Don't eat 1 to 2 hours before your event.** Running on a full stomach can cause problems. You need to eat, but plan it according to your event schedule. (See Handbook for nutrition suggestions)
- **Bring a water bottle.** You need to stay well hydrated to enable your body to work at its highest potential.
- **Be patient with the officials and meet organizers.** They are parent volunteers and are trying to do their best. (You'll be in the their position at our meet) If you have a major problem with the officials, contact one of the Cascade Striders coaches for help.
- **Do not run alongside your child during the race.** Please note that it is against USATF rules to run alongside your child, or any athlete, during a cross country race. This includes even running next to the course for a short distance while your child is running by. Simply stand still as your child goes by and cheer him/her on. You are welcome to run to different parts of the course to cheer on your child, just do not run alongside your child or any other athlete.