

**Tift County High School
8th Street Middle School
J. T. Reddick Middle School**

Cross Country

Blue Devils & Lady Devils



**Parent/Athlete
Handbook**

Tift County Cross Country Parent/Athlete Handbook

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Tift County Cross Country 2011

Introduction

Welcome to the 2011 Tift County cross country team! We are thrilled that you are interested in running with us; this year promises to be an exciting one for athletes and parents alike. This handbook is designed to address questions and concerns you may have about cross country. We hope you will find this a useful resource both now and throughout the season.

Cross country is a sport unlike any other. It requires a high level of dedication and desire. This is not a sport that provides instant gratification; rather, it rewards hard work, patience, and the perseverance. The great thing about distance running is that the very qualities needed to be successful are the same qualities needed to succeed at life. We are confident that you will learn valuable life lessons through your participation with Tift County cross country.

Running can be intimidating at first, but give it time. Many, many runners hate the sport after the first week of workouts and later fall in love with the sport after their first race. If you do the work, you WILL improve. Running rewards perseverance. You will be called upon to do more than you ever thought possible and in the process learn more about yourself than you knew before.

For parents of athletes, we ask for your support both at meets and at home. You will help oversee diet, sleep habits, and attitude. You are your child's biggest fan and will help celebrate milestones. While the idea of watching a bunch of people running may at first seem boring, you will be hooked on that first race day! Finally, distance running has a community all its own; people look out for and support one another.

Feel free to contact us any time with questions or concerns. We look forward to your family being part of our family!

Head Coach – Middle School: Marci Honeycutt mhoneycutt@tiftschools.com, 848-0379

Head Coach – High School: Laurie Mullen, lmullen@tiftschools.com, 848-0784

The Basics

The Sport

Cross country is popular across the United States and throughout the world. In most states, athletes run a 5K race (3.1 miles). Here in Georgia, most of the middle school races are two miles. Courses vary, but runners generally compete on dirt, gravel, grass, and rough terrain (in any combination) incorporated into easy-to-follow routes. The speed of a course is determined by the footing, turns, and number and size of hills.

A varsity team consists of seven athletes with both girls and boys competing separately for both team and individual recognition. The top five athletes score for each team with the other two runners serving as “displacers”. A displacer can cause a runner from another team to place lower even though he or she may not contribute to the team total. Each runner is given the same number of points as his/her finishing position, so the team with the fewest points is the winner. The best possible score in cross country is 15 (1+2+3+4+5+6+7). The more teams competing, the higher the scores will be. But the team with the fewest points still wins. JV athletes usually compete in a separate race, and most events allow unlimited numbers of runners to compete. This way, all runners are rewarded with the opportunity to compete for their school and improve their times. Middle school races are generally scored the same way as varsity races, but events differ with respect to the distance run and awards given.

Only one person can win, and races may have hundreds of runners. Therefore, the goal of the athlete is to run a “PR” or personal record. An athlete may not PR at every race (tough week of practice, tough course, sickness, etc.), but runners usually strive to attain a certain PR by the end of the season. The PR is a good motivational tool, but the athlete’s effort is what matters. An athlete may give a better effort in a race that is 30 seconds slower than his/her PR. An example might be when a runner doesn’t PR but is able to help out the team in the point scheme by beating his counterpart from another team.

The Team

We are proud of the strong tradition built in Tift County by Coaches O’Brien and Barber. Both boys’ and girls’ teams consistently qualify for state, and in 2010 had a runner make the podium (Hunter Honeycutt place ninth!). The boys were runners-up at region, while the girls placed third (only a point behind second). Our middle school teams competed in the state meet in Cochran for the first time in 2010, and the girls placed fourth!

Our goal is to continue to have strong numbers at the middle school level while maintaining that level of participation into high school. We also wish to increase the number of runners who consider cross country their “first sport”. Finally, our ultimate goal is to be competitive on the state level. This will happen by achieving the first two goals, through strong coaching, and through strong personal commitment on the part of the athletes.

The Commitment

Cross country is a fall sport; the season runs from early August through early November (late October for middle school). However, to achieve the stated goals of the program, training must extend beyond those months. The most crucial time for the runner is the summer. Summer mileage is the key to a successful fall season. Teams that experience success in late October and early November are made up of runners who paid the price in May, June, and July.

Success in endurance sports (like cross country) is the cumulative effect of conditioning body systems over time. Ideally, an athlete would compete in cross country in the fall and run track in the spring. We recognize and welcome athletes from other sports who wish to increase their level of fitness for their

primary sport. We do ask, however, that those athletes respect that this is our first sport and that they approach it with the same reverence and commitment as their main sport.

Each workout is important to the overall season plan. Whether it's a recovery run or a tough interval session, each day serves a purpose. Athletes who are unable to complete the workout schedule or are unable or unwilling to make the necessary commitment to train effectively do not have the same opportunity for success as those who do.

We request that athletes schedule appointments and outside commitments around the training schedule as much as possible. If an athlete absolutely must miss a practice, he or she must notify the coach in advance. If the athlete has an unexcused absence, he or she will sit out the following meet. If an athlete accumulates three unexcused absences, he or she will be dismissed from the team. Athletes are also expected to attend other team functions, like the Run for Love fundraiser and the end-of-season banquet.

We hope parents agree that the immense benefits of running cross country far outweigh the time commitment involved. The sport rewards the committed athlete and parent. But we find that our athletes find time for excellence in academics, faith, other extracurricular activities, and even jobs if they manage their time well. Many parents have been pleasantly surprised to see grades go up during cross country participation. Endurance sports require a great deal of discipline that spills over into other areas of the athlete's life.

Finances and Equipment

Increasingly, high school sports are moving to a "pay to play" policy. We would like to avoid this scenario. In order do that it is critical that all athletes participate in our sole fundraiser, the Run for Love. Athletes are asked to obtain sponsorships for the run. If each runner gets at least one sponsorship, our needs will be met. If the work is left to a few, we will eventually need to charge for items like travel and uniforms. We also encourage all athletes to run in the event.

It is highly recommended that runners have the following items: a quality pair of running shoes, a wristwatch with a stopwatch, and a towel or yoga mat. Other items that are helpful are running attire (shorts and shirt made from a breathable material), a hat (keeps body temperature lower) and a water bottle. Shop for bargains; good shoes don't have to cost \$100.

Booster Club

The Tift County Cross Country Booster Club exists to raise funds to cover expenses incurred during the course of the season. Expenses not paid by the athletic department include letterman jackets, end-of-season banquet and awards, travel and food for meets other than the state meet, t-shirts, etc.

The booster club usually meets at least twice during the regular season and once in the off-season. We notify via our website (www.tiftcountycc.com) and via e-mail of upcoming meetings.

Officers of the booster club are:

President: Lee and Marci Honeycutt

Vice-President: Terry and Tammy King

Treasurer: Richard and Lynda Fisher

Parent Volunteers

Parent involvement is critical to the success of our program. Many hands make light work, and we are always amazed at the way our parents step up and get things done. We have listed below some of the ways you can help:

- The Run for Love 5K, 1 mile fundraiser
 - Publicity
 - Awards
 - T-shirts
 - Registration
 - Finish line (moving runners through the chute, handing out place cards)
 - Course monitoring
 - Handing out water
 - Photography
- Tift Invitational Cross Country meet
 - Publicity
 - Awards
 - T-shirts
 - Concessions
 - Registration
 - Finish line (moving runners through the chute, handing out place cards)
 - Course monitoring
 - Handing out water
 - Photography
- Taking photos at meets
- Organizing and setting up banquet
- Transporting athletes, when necessary

Banquet

We celebrate the season with a banquet; it is usually held the Thursday before the GHSA state championships. We eat, remember, and award participation certificates, varsity letters, and special recognition. This is a special evening, and we love having a great turnout.

Fundraiser

We host a 5K/1 mile event called the Run for Love. This is our only fundraiser! **Each athlete is expected to obtain at least one \$100 sponsorship for this event.** Sponsorship can come from many places: local business owners, family members, and other supportive adults. This is an easy way for our team to raise money without having to sell anything. The sponsorships often sell themselves when businesses realize their names are immortalized on t-shirts that will be worn over and over again. The more money we raise, the more we can do for our athletes. We also encourage athletes to run in the event.

Scholarships

Very few runners who compete will rise to the level where a scholarship is possible, but we encourage all runners who have this as a goal. You do not have to be the best of the best to be scholarship material; small schools are willing to extend offers to the solid runners who are in the next tier behind the state leaders. It just depends on the school. ABAC is actually considering adding cross country as a sport, so keep that in mind as you look to the future.

There are two things that are of paramount importance when shooting for a scholarship: grades and the SAT. Continue to work hard in school, and be sure to take the SAT prior to your senior year. The first thing coaches ask for is a transcript!

There are many things to consider when considering a college program: academics (majors offered and reputation), cost, the coach (personality and training philosophy), and the team (camaraderie and success), and environment (school location, school size, places to run). We will do anything we can to assist you in the process of selecting a school should an opportunity present itself. In the meantime, fashion yourself into the kind of student athlete a coach would be happy to recommend!

The Competition

Races

During the season, we race against teams from our region, our state, and even neighboring states like Florida. Our program participates primarily in invitational races where all schools race together regardless of classification or location. These races are almost always on Saturday mornings. They usually have a championship or varsity race (the top seven and sometimes the top ten runners from each team), a JV race (all other high school runners), and a middle school race. Both individual and

team awards are available at these races. The great thing about cross country is that everyone gets to participate throughout the season. The other great thing is that even though you need to turn in early on Friday nights, we usually get home early enough to enjoy most of our weekends.

The two most important races of the year are region and state. The region meet is usually held the last Thursday in October and is hosted by a different region school each season. At this meet, the top four teams qualify for state. At state, the top ten individual finishers earn medals, and the top four teams earn trophies.

Travel

Tenth through twelfth grade runners will need to commute to the Northeast Campus for workouts Monday through Friday after school. It is getting too difficult to run a good practice at the main campus. More buildings are going up, and the streets are becoming busier and more dangerous.

On meet days, we generally meet at 8th Street Middle School in the parking lot next to the track. This is an easy point of access for the highway and a nice central location for drop-off and pick-up of athletes. All athletes are expected to ride with the team on the bus TO meets. Athletes may ride home with a parent as long as the parent provides a signed note for the coach. Parents must also provide notes if they want their child to ride home with another adult. Athletes are expected to remain seated while the bus is in motion and to keep noise at a reasonable noise level.

There are two varsity races (top seven only) that require overnight stays: the Coach Wood Invitational in Gainesville and the State Championships in Carrollton. Runners may miss some minor class time and are responsible for making up any work they may miss. Also, athletes are expected to be on their very best behavior and represent their families, schools, and community well. If an athlete breaks curfew at a meet, we will call a parent and request that the athlete be picked up and taken home.

If an athlete behaves in a way that is not consistent with the policies of the Tift County High School Athletic Department, the athlete may have to sit out a meet. If repeat offenses occur, an athlete may be asked to leave the team.

Meet Survival Kit:

- Uniform
- Shoes – both flats and spikes (put spikes in before race and remove after each race)
- Towel
- 1 or 2-gallon Ziploc bags to keep items dry in the event of rain
- Money for meet t-shirts (optional) and meals after meets
- Change of clothes
- Warm-ups
- Hat and mittens or gloves
- Positive Attitude!

The Body

Injuries

Cross country rarely sees major or long-term injuries, but nagging pain and/or discomfort occur from time to time. These should always be reported immediately to the coach (over time the athlete will learn to distinguish between soreness and a possible injury). Most injuries can be healed at home using the following guidelines: soreness responds to gentle stretching, gentle massage, and heat; tendonitis or inflammation responds to icing (ten minutes on, ten minutes off for an hour) and ibuprofen (should always take with food). Also, athletes can avoid almost all injuries by following these guidelines:

1. **Follow the training program provided by your coach.** Athletes who alter the training schedule put themselves at risk for injury. Each workout is designed to build upon the one that went before it; altering may hurt recovery time and/or hinder continued improvement.
2. **Wear proper footwear and monitor it closely.** First, runners should have running shoes and not cross trainers or some other shoe. Generally, one can get 300-500 miles from a good running shoe, but some runners go through shoes faster than others. It is important to monitor the condition of your shoes. New shoes can sometimes cause nagging pains as you break them in. Be patient as your body adjusts to new shoes.
3. **Report any injury to the coach.** Usually, low-grade pain is not a problem unless it continues beyond a few days. Any clicking, popping, or snapping noise should be evaluated by a health professional. Tift County athletes may be referred by the coach to Rehabilitation Services of Tifton (RST) and receive initial diagnosis and minor rehabilitation free of charge. Alert your coach, and follow through with medical treatment. If an athlete states that he or she was seen by a family doctor, the athlete will not be cleared to run until the coach receives a written release from that doctor.
4. **Seek medical help promptly.** Athletes are never held responsible for training injuries, but they are responsible for seeking care as soon as possible. If you, the parent, or a coach believe the injury is severe enough to be evaluated by a doctor, let's work together to get treatment earlier rather than later. RST will tell you if your injury is beyond the scope of the care they provide.
5. **Make smart decisions outside of practice.** Think twice about participating in high-risk activities that may put you at risk of being injured. It's a sad day when an athlete misses a big event because of the pickup football game or the skateboarding accident. Common sense can prevent many injuries.
6. **Create your own ice bath.** Soaking in an ice bath for 5-6 minutes after a run can reduce inflammation and prevent injuries. Just make sure you do not get it too cold; 50-60 degrees is an ideal temperature. You can soak in an ice bath 1-3 times per week.
7. **Eat right, stay hydrated, and get sufficient rest!**

Medical Help

RST can help out with injuries that occur **as a result of cross country**. They will look at the injury and tell you whether they can help you with rehabilitation or refer you to a physician.

Training

Monday, August 1 is the first official practice day for high school. We will meet at the Northeast Campus this season. A typical week might look like this: typically two hard days with the other three being easier mileage days. One day a week might include a longer run to help build endurance.

The first day for middle school will be Thursday, August 11 at 3:45 p.m. at 8th Street Middle School. There will be an activity bus to transport 6th graders from J. T. Reddick to 8th Street.

Athletes are required to attend practice on a daily basis in order to progress and to avoid injury. The program is designed to provide the most development in the least amount of training time. Workouts are generally brief in duration, allowing athletes plenty of room for all aspects of their lives with proper time management. Rarely does a child have trouble in school because of a sport—time management is critical.

Finally, the program has incorporated dynamic movement into workout sessions. These exercises help develop core strength and reduce injury risk. It is important to complete these exercises as an intentional, critical part of the training program. Static stretching should take place after the workouts when the most gains in flexibility are realized.

Parents, the coaches work hard to get workouts completed in a timely fashion. Please respect our time by picking up your child from practice on time. We know life happens, and when it does just call; in the meantime get them home or make arrangements to get them home. Thank you.

Strength Training

Running alone does an excellent job of preparing an athlete to race, but the superior athlete incorporates strength training into a development program to supplement the aerobic stamina one gets from running. We encourage athletes to do sit-ups and push-ups both in and out of season. These basic exercises help with posture, arm drive, and overall strength.

Rest and Recovery

Tift County utilizes a “hard-easy” approach to training, where a difficult workout is followed by an easier one. This allows the body to recover and be ready for the next “hard” workout. Training applies stress to the body which forces the body to adapt. Parents, the coaches need your help to make sure your child is getting the rest and recovery she needs. After the stress of a workout is applied, ideally the athlete would go home, eat a balanced meal, hydrate well (good ole water is best!), study, and then get adequate rest (8-9 hours per night). This routine is the most critical aspect of a young distance runner’s program of development. Please encourage your child to follow parental and team guidelines regarding rest and recovery.

Eligibility

1. All athletes must have a current physical on file with the school. Physicals are good for one calendar year.
2. All students and parents must sign the Code of Conduct and adhere to school board policy regarding behavior and participation in athletics.
3. High school students must pass three of four classes to maintain eligibility for athletics. If a parent is concerned about a child's progress, they may contact the coach to set up a weekly progress report check. This can be a good motivational tool for an athlete. We support parents' decisions regarding grades, and we hope that students are still allowed to participate while improving grades. The word "student" comes first in student-athlete!

Off-Season Preparation

What an athlete does during the summer months is critical to success during the season. Strength and endurance gained during this time frame allows for that much more improvement once official practice begins. Summer mileage begins June 1 and ends July 31, generally speaking. We hold conditioning runs at ABAC on Mondays, Tuesdays, and Thursdays at 7 p.m. during this time. The exception is "Dead Week". This is the week (usually right around the Fourth of July holiday) the GHSA has designated as a rest from all high school sporting activities. We usually try to have at least two adults at each session to provide adequate supervision for the athletes. These runs are not mandatory, but it is much easier to run with others. Even if you are unable to attend, try to run with someone else whenever possible. It's good for safety, good for accountability, and good for developing a competitive edge!

Suggested Summer Mileage

A beginning runner's goal should simply be to get in the habit of running. Begin perhaps by trying to run a mile or two every other day. Once you are able to build up your mileage, increase the number of days you run each week. The goal is to be able to run six days per week with one day for rest. Another eventual goal is to incorporate one longer mileage day into your workout week. A long run is one that is 2-4 miles more than your normal distance run. You should not attempt a long run until after you have run consistently for at least a month.

Be patient while building your mileage. Increasing mileage too quickly can cause over-use injuries. A more experienced runner can probably increase mileage faster than a beginner. In any case, don't increase your mileage by more than 2-4 miles per week. The main thing is to try to run most days. Consistency counts!

We encourage athletes to run during vacations, at church camps, and even around their work schedules if they have jobs. You can run anywhere; you just need to plan ahead. If event leaders know ahead of time, they are usually very accommodating.

Track & Field

Cross country is a fall sport, while track is a spring sport. Track all occurs within a confined area, and athletes may compete in a wide array of both running and field events. Most cross country athletes compete in the 800, 1600, and 3200 meter races. For track athletes, the training emphasis is more on speed, which carries over to the following cross country season. The workout demands are similar to those for cross country. Ninety nine percent of the top cross country runners in the state also run track; it's the best way to progress to another level as a runner. Whether or not you run track, we're happy you're with us now!

Lettering (High School Only)

Standards:

1. Be in the top ten in the final team rankings
2. Compete as a member of the varsity team in at least seven events over the course of the season
3. Complete the season in good standing

Letterman jackets are awarded after an athlete earns **two varsity letters** in one sport.

Team Rules

1. Smoking or drinking – 1st offense meet suspension; 2nd offense dismissal from team
2. Drugs – School Board policy applies
3. Missing practice to make up school work – no penalty if the athlete notifies the coach first. Do not send word by another student. Runners must complete any portion of a workout missed. Avoid scheduling these days on Tuesdays and Thursday whenever possible. Students who don't report to practice following an after-school tutoring or make-up session are assessed an unexcused absence.
4. Unexcused absence (the coach calls roll and has no idea where the athlete is) 1st offense warning; 2nd offense meet suspension; 3rd offense dismissal from team
5. Runners are expected to be available at all meets for which they are scheduled. Any conflicts should be worked out with coaches prior to the start of the season.
6. Behavior – if you shouldn't do it in school, you shouldn't do it as a member of the team. If an overnight trip is involved, parents will be contacted and the athlete will not compete in the event. Students and parents are required to sign the Code of Conduct as well as a behavior contract in order to be a member of the team.
7. If a runner has a job, schedules should be arranged so as not to conflict with practices and meets. Please provide your employer with important dates well in advance to avoid conflicts. Speak to the coach immediately if you become aware of an impending conflict.
8. Runners should not attend conditioning for another sport until the season is over.
9. No walking! You should only walk if you have injured yourself during a run. If you have to stop and walk because you are tired, you are either running too fast or too far (usually the former).

10. All athletes are expected to participate in the team time trial. It is on the calendar, so athletes should have plenty of time to work conflicts out in advance.

Situations will arise that are outside the scope of these rules and will be dealt with on a case-by-case basis. Coaches always make every attempt to be fair and consistent. All decisions made during the season will be made with the best interests of the team in mind. Behavior that does not fall within the guidelines set forth above or that is deemed unacceptable will be dealt with appropriately and fairly, but it WILL be dealt with.

Coaches

Middle School: Marci Honeycutt

- B. S. in Psychology, Georgia State University
- Certified Special Education, University of Georgia
- Special Education teacher at 8th Street Middle School
- Competed in numerous road races from 5K to 15K
- Competed in sprint triathlons
- Varsity cheerleading coach one year
- Competition cheerleading coach one year
- Varsity gymnastics coach four years

High School: Loral (Laurie) Mullen

- Bachelors of Business Administration (B.B.A.-Accounting), University of Wisconsin
- Certified English Education (7-12) and Business Education (Valdosta State University)
- Business Education teacher at Northeast Campus (Computer Applications & Business Essentials)
- Ran cross country, track, and road races as a youth and into high school
- Coached JV soccer for six years (3 years boys, 4 years girls)
- Distance coach for track team three years

Tift County Cross Country 2011 Athlete Information Sheet

(Please print neatly)

Name _____

Grade (Fall 2011) 9 10 11 12

Birthdate _____

Parents' Names _____

Home Phone Number _____

Parents' Cell Number _____

Your Cell Number _____

Parents' E-Mail Address _____

Your E-Mail Address _____

T-shirt size (adult) S M L XL

Tift County Cross Country Behavior Contract

After reading the team rules and lettering standards, please sign below and return to your coach.

I have read and understand the team rules and lettering standards. I understand that failure to abide by the rules may result in my dismissal from the team.

I also understand that I am responsible for possessions I bring to practices and meets. I bring them at my own risk and understand that the school cannot be held responsible if items are stolen, broken, or lost.

Athlete's Name (printed)

Athlete's Signature

Date

Parent's Name (printed)

Parent's Signature

Date

Alternative Transportation Liability Release

Tift County Schools will not always be able to provide transportation for students to off-campus extracurricular activities. In these cases, it is the parent/guardian's responsibility to secure their student's attendance at such activities. Tift County Schools, its local schools, officers, employees, and agents shall not be responsible for any injury or loss arising out of a student's transportation to or from the off-campus activity when such transportation is provided by parents, students, school staff or any other party. Your signature acknowledges your receipt of and understanding of this policy.

Student's Name: _____

Parent's Signature

Date

Tift County Cross Country 2011 Season Schedule

Saturday, August 6	Run for Love	ABAC, Tifton, GA	evening
Saturday, August 20	Team Time Trial	ABAC, Tifton, GA	TBA
Saturday, August 27	Valdosta Wildcat Invitational	Valdosta, GA	9:30 a.m.
Saturday, September 10	Lee County Invitational	Leesburg, GA	9:00 a.m.
Saturday, September 17	Bearcat Invitational	Bainbridge, GA	9:30 a.m.
Saturday, September 24	Quail Trail Invitational	Thomasville, GA	9:30 a.m.
Saturday, October 1	Westover Invitational	Albany, GA	8:30 a.m.
Saturday, October 8	Tift Invitational ABAC,	Tifton, GA	9:00 a.m.
Saturday, October 15	Coach Wood Invitational (varsity)	Gainesville, GA	TBA
Thursday, October 20	Tentative run on region course (varsity)	TBA	TBA
Saturday, October 22	Middle School State Meet	Cochran, GA	TBA
Thursday, October 27	Region Championships (varsity)	TBA	TBA
Saturday, November 5	GHSA State Championships	Carrollton, GA	TBA

Tift County Cross Country 2011

Directions to Meet Venues

August 27 at Valdosta: Freedom Park Softball Complex, 3795 Guest Road. Take I-75 south to Exit 22 (North Valdosta Road). Head toward town (east) 4 miles, and turn left onto Inner Perimeter Road. Travel 1.5 miles and turn left onto Bemis Road. Travel 2.4 miles and turn right onto Guest Road.

September 10 at Leesburg: Lee County Middle School. Take I-75 north to Exit 78. Take Hwy. 32 west into Leesburg (4 way stop). Go straight through 4 way stop onto Leslie Hwy (Hwy 195). Go approximately 1 mile. Kinchafoonee Primary School will be on left. Turn onto access road beside school. Take access road to XC fields in rear.

September 17 at Bainbridge: Spring Hill Christmas Tree Farm. Take 84 West to the traffic light at Hwy 84 and College Road (Action GM will be on your right, Bainbridge College on your left). Turn left onto College Rd. Stay on College Rd approximately 1.7 miles until it dead-ends (stop sign). Turn left onto Lake Douglas Road. Follow Lake Douglas Road for approximately 4.1 miles until you get to Wood Hull Road. On the near side of Wood Hull Road you will see signs advertising Airboats by Dixon and a bone-shaped sign advertising a dog groomer. On the far side will be a sign for Pine Forest Missionary Baptist Church. Turn right onto Wood Hull. Go approximately 0.6 mile up Wood Hull. You will pass Provence Rd (on the right), followed immediately by the entrance to Spring Hill Christmas Tree Farm (sign is hard to see due to small pines growing along road). Yes, a bus will fit through the gate! There will be students on hand to direct you to the bus parking.

September 24 at Thomasville: Pebble Hill Plantation. Take US 319 South approximately 60 miles. Turn right into the plantation on Pebble Hill Road. There will be a separate bus entrance for the event. Use caution! There is a 5K race prior to the school competition, so you may be asked to wait to allow runners to cross.

October 1 at Albany: Robert Cross Middle School. Take US Hwy 82 West to US Hwy 82 Bus. Turn left onto Gillionville Road. Travel 4.5 miles and turn left onto Lockett Station Road.