

Hello-

With our club meet season successfully completed, it is time to focus on three November events: Nationals, The Fox & The Turkey, and Foot Locker. Time always seems short and deadlines will occur quickly. Please feel free to ask questions before/after practice or via email to gollwitzer@comcast.net.

-----**Nationals**-----

Cross Country Coaches National Youth Championships (CCCNYC) will be Saturday November 23 at Blue River Memorial Park in Shelbyville, IN for ages 18 and under. We had over 50 runners last year and 5 teams.

The general plan is that there will be course walks on Friday afternoon. Friday evening is when people can pick-up their race bibs and many families hang out at one of the hotels. Saturday morning and afternoon are races. Then some of the families swim at hotel pool(s) followed by getting together again that evening to relax and have a good time. Each family decides when to arrive and leave. The average low/high temperature for Shelbyville for the date is 32F/49F. Current weather projections for that Friday & Saturday are highs of 54F & 54F.

The cost per runner is \$30: \$10 for a Youth Enduro Sports (YES) membership and then \$20 for the entry fee (\$5 for Race of Americas -- 800m for ages 5 and under). As in the past, the club collects money, membership forms, and waivers; then the club enters the memberships and entry fees. The YES group has gone away from hard copy membership forms. There will also be a \$5 parking fee for the day of Nationals.

If you are interested in going to Nationals, please provide the following information during the next few days on the provided form (Click [HERE](#) for the Authorization form):

- Runner's name
- Runner's date of birth
- Grade
- \$30/runner: cash or check made out to Accelerators
- Copy of birth certificate; I have birth certificate copies for anyone who ran CCCNYC last year
- Parents' names and cell phone numbers
- Email address
- Filled out waiver form (Click [HERE](#) for the Waiver form)

An email list for families going to Nationals will be created and further information will be distributed that way. Please let me know soon, so that the correct size tent can be rented and that there is an initial count for Friday night dinner. **DEADLINE to get all 8 items to me is Saturday November 16.**

-----**The Fox & The Turkey**-----

The Fox & The Turkey races are hosted by the Fox River Trail Runners (FRTR) on Thanksgiving morning in Batavia. The FRTR have sponsored the Accelerators the last several years by paying for our tent at Nationals, rental of the Vaughn Athletic Center, and for the awards for our Fall cross country meet. In return, we volunteer for some of their events.

The Fox & The Turkey races are a youth mile (ages 12 and under) and a 4-miler. We do have Accelerators (children and parents) race. If you wish to sign-up to run, [follow this link](#). If you are planning to race at Nationals and Foot Locker, I would recommend volunteering to help.

To volunteer at The Fox & The Turkey, please [follow this link](#). I am coordinating the course marshals and water stop. Course marshals will keep road intersections clear of traffic. In most cases, two people will be assigned to an intersection. I would like to always have at least one adult per intersection. If you have someone running and still want to volunteer, there are other positions that you can do. I have an organizational meeting coming up concerning this event; it would be great to see many volunteer sign-ups early this week.

-----**Foot Locker**-----

The Foot Locker Midwest Cross Country Championships Regional are Saturday November 30 at UW Parkside (about a 90-minute drive). Foot Locker has 5 high school races, a youth race (8th grade and under) and an Open/Masters race (older than high school). All races are 5000 meters except the youth race which is 3000 meters. The youth race is the only team race and we will enter one girl team and one boy team.

For the last 5 years, I have sent entries in bulk which entitles us to the cheapest entry fee of \$15. We need at least 10 entries to receive the bulk rate; last year we had over 30. If you are interested, please provide the following during the next few days:

- Runner name

- \$15/runner: cash or check made out to “Foot Locker Cross Country Championships”
- Email address
- Filled out registration form (Click [HERE](#) for the Registration form) (see instructions below)

An email list for participants will be used to provide further information.

Instructions about registration form:

- High School Runners: enter your high school, school coach name, coaches email address, and your best 5K time. This information is only used to verify if you have qualified for the Boys Championship Race: faster than 16:20 (or 15:46 for 3 miles). Boys which do not qualify for the Championship race have to race in the appropriate class race (FR/SO or JR/SR). There is no qualifying time for the high school girls.
- Youth and Open Runners: enter Accelerators, Gollwitzer for coach, and gollwitzer@comcast.net. You do not need to enter a 5K time.

DEADLINE to all 4 items to me is Saturday November 16.

Sorry for the long email and waiting until now to get started on these items. If interested in Nationals, The Fox & The Turkey, and/or Foot Locker, please act this week.

Coach Keith