

About: Columbus Pathfinders is the Columbus Running Club's youth cross country program. New for 2014! Youth age 7-18 are welcome to join us starting September 23rd. Beginners and experienced athletes are welcome.

2014 Practice Schedule:

Sept. 23-Nov. 25

Additional practices will be scheduled into December for athletes moving on to the USATF Junior Olympic Cross Country National Championship meet.

Days: Practices will be held on Tuesdays, Thursdays, and Fridays (optional)

Location: Clifty Creek Elementary School

Times:

Sept. 23-Oct. 17	5:30-6:30 pm
Oct. 21-Oct. 31	5:00-6:30 pm
Nov. 4-Nov. 25	4:00-5:30 pm

Coaches:

Josh Knight	joshua.g.knight@gmail.com
Mark Dozier	markdozier77@yahoo.com
Abi Dozier	abidozier@yahoo.com
Graham Orme	graham.orme@gmail.com
Rhandi Orme	rhandi.orme@gmail.com
Dan Newell	newelld25@gmail.com
Christina Newell	newelldni@aol.com
Jen Shaver	jennifer@foundationforyouth.com

Racing Uniform: The racing uniform will consist of a team singlet (included in the cost to join) and black running shorts or black tights. Many of the younger racers prefer to wear insulated long sleeved shirts and tights underneath their singlets and shorts when the weather gets colder later in the season. Cross country spikes are optional and not required for races. Running shoes are acceptable.

Other Important Info: As the weather gets colder later in the season, athletes should come dressed appropriately. Dressing in layers is recommended, so there is the option to strip layers if needed. Even as core body temperature warms up during running and exercise, hands can still get very cold, so gloves are highly recommended. Remember, we will be outside for 1.5

hours. Something to cover up the head and ears is also nice to have, such as hats, caps, and headwraps. Please always remember to bring water, even when it is cold out.

Prior to a meet, we will post a **timeline** on this site, indicating specific age-group related times for:

1. **When to eat** (food choice recommendations will also be provided)
2. **Check-in time**-the time for when each age group should arrive for check-in at the team tent (check in with coaches, pick up race bib and timing chip when pertinent)
3. **Warm ups**-when to meet the coach for a team warm up
4. **Start line**-when to head to the start line (Coaches will walk the younger groups to the start line.)

We will also post links to race results here.

Please sign up for our Facebook group **Columbus Pathfinders Youth Cross Country** in order to receive important updates and information. Members may also post to the page. We welcome comments, questions, feedback, and of course, photos!

We will be using Remind101 to send out group text messages. To subscribe, please visit

<https://www.remind.com/join/youthx>