



# Cross-Country Time Trials

THURSDAY NIGHTS  
AUGUST 5, 12, 19, & 26  
6:30PM

## **Explanation:**

The Fingerlakes Runners Club has decided to host some Cross-Country training runs to prepare for the Fall season. Anyone who is interested in running on grass and trails is welcome to join us. We will be running a time clock for those interested in their times, and we encourage you to keep track of your own as we call them out.

## **Location:**

We'll be meeting in the parking area above the Ithaca College Track. Go in the circle entrance at IC, take a right at the circle, go up the hill, take a right at the sharp V as if going to the towers, and a sharp right to a parking lot and athletic facility.

## **Course:**

The wheel measured 5k course consists of most elements encountered in cross-country running: grass, dirt, stone, trails, wooded area, mud, field, and hills. The IC Coach has graciously offered to mark the course and help wherever he can.

## **Dates & Time:**

We'll be meeting on Thursdays at 6:00PM each evening, start time will be 6:30PM.

- \* August 5
- \* August 12
- \* August 19
- \* August 26

## **Fall Season:**

If you find after running the time trials that you love running cross-country and would like to join our team for the Fall, please let me know ([kag22@cornell.edu](mailto:kag22@cornell.edu)). We will be participating in the UpstateNY Cross-Country Series beginning in September, more information on this series can be found at [www.GVH.net](http://www.GVH.net). For anyone interested in marking those dates on their calendar, they are as follows: Sept 11-Center Pk,Fairport; Sept 25-Akron; Oct 10--Black Creek, Chili; Oct 30--Ithaca; and Nov 14--GVH inv.

The High Noon group currently recruits men and the Fingerlakes Runners Club recruits women for all three divisions: Vet-over 50, Master-40-50, and Open-under 40 years old.