



# CROSS COUNTRY

## Week 3 Newsletter

Aug 20, 2023

### Cecil Field Summer Classic 8/25/23

[13715 Lake Newman St, Jacksonville, FL 32221](https://www.bths.edu/13715-Lake-Newman-St-Jacksonville-FL-32221)

4:00pm – Team Photos in Stadium  
5:00pm – Bus leave BTHS  
6:15pm – JV Girls Race  
6:45pm – JV Boys Race  
7:15pm – Varsity Girls Race  
7:45pm – Varsity Boys Race

### Strava

Are you forgetting to log your runs into Strava? Communicate with coaches, hold your teammates accountable. Hold yourself accountable. What non-verbal message are you sending when you don't take this procedure seriously?



BTHS BOYS and GIRLS CC

### Booster Club \$100

Please join the booster club! We have a goal of having 100% of the cross country families sign up! Your membership is good for the year, and you only need to join once a school year.



### Race2Honor Sponsorships

We began the Race2Honor tradition in 2018. Each season we honor a different group of individuals by racing in a special jersey with the names of our honorees screened on them. This year we are honoring service members; active, retired, or deceased. We have 20 boys and 20 girls jerseys to fill. Please consider participating. The proceeds of our efforts this season will go to a local group who specializes in helping current or past members of the armed forces.

### Spike Week!!!!!!

It is that time of year again. School starts and all the hot and humid summer miles you have logged are leading to the first race of the season. 1st Place Sports is excited to announce spike week at all of our store locations. All Cross Country spikes will be 20% off the entire week. August 21st to August 27th. Just a reminder all High School runners receive a 10% discount on all non sale items year round at 1st Place Sports. Thanks again for your support of a small local business and thank you for being the future of running.

Please see the information at the link above and email John McDonald ( [jfmcdonald@ft.newyorklife.com](mailto:jfmcdonald@ft.newyorklife.com) ) with your name, the name of the service member you are honoring, and the student/athlete that you wish to wear the commemorative jersey.

### Spike Week!

[1st Place Sports](https://www.1stplace.com) has racing spikes on sale this week! What spikes should I get? Check out this [video](#) for the differences between sprint and distance spikes, and this [video](#) for specifics on cross country spikes.



### Parent Drivers

Please consider filling out the [simple on-line form](#) to be a certified parent driver. Scheduling buses to arrive after school in enough time to travel to athletic events is a problem. We cannot leave on the team bus before 5pm. This Friday will present difficulties. You can always transport your own child, but we'd love to put other teammates in your vehicle as well. You will need your insurance 1.) declarations page showing 100/300 coverage as well as your 2.) driver's license.

### Is Your Athlete Ready to Compete?

Athletes not making the varsity line-up will race in the JV race. While no one needs to sit the bench in cross country, it's important to be ready to compete. Attending every practice session, logging miles on Strava, and displaying the passion to work are all necessary requirements to be considered to make the race day line-up. The line-up for the first meet comes out Tuesday evening!

### Special Upcoming Dates

- Aug 25 – First meet of the Year! [We need parent drivers! Sign-up here!](#) (must have 100/300 liability coverage)
- Aug 28 – Race2Honor Sponsors communicate to John McDonald [jfmcdonald@ft.newyorklife.com](mailto:jfmcdonald@ft.newyorklife.com)
- Sep 8 – CC Parents to run football concession stand.
- Sep 11 – Cross Country Social for PARENTS! Immediately following the Booster Club Meeting.
- Sep 18 – Race2Honor [Sponsorships due via School Pay](#)

