**INFO FOR PARENTS & RUNNERS**



1. Parents, please come to the meets and cheer for the team. These are great kids and you will be so proud of all of them.

2. Parent volunteers are needed to host “Spaghetti Dinners.” For more information please visit the forms page.

3. Runners shall wear team uniform when competing. Jewelry and electronic devices are not permitted.

4. High school meets are usually 3.1 (5K) and sometimes 2 miles.

5. Spikes are permitted but not required in high school meets; coaches and team captains can advise

6. Student athletes cannot miss school the day of a meet or miss practice day prior to a meet.

7. The traditional snacks brought by parent volunteers are fruits and bars like nutri-grain or granola. See coaches to volunteer to provide snacks.

8. Athletes should bring extra layers for late-season meets, extra socks and shoes if it is rainy and a dry change of clothes. A full supply list is located on the forms page.

9. Student-athletes run in all weather conditions except lightning

10. Dri-fit clothing is preferable to cotton to wear under uniforms when it's cold.

11. A hat (beanie) and/or head band may be worn.

12. Warm outer wear to warm up in: pants and jacket / sweatshirt.

13. Extra socks for race day (rainy or not) in case of emergency.

14. Water bottle and a snack for race day are very important.

15. Good running shoes can be found locally at McCoy Outdoors (ask for Joe), Academy Sports and Outdoors and Dick’s Sporting Goods.