

Walton Cross Country 2009 Important Dates

Sat.	5/16/09	9 – 11 a.m.	Walton	Physicals (Cost = \$30)
	5/17/09 – 8/8/09		Summer Mileage	
	5/26/09 – 7/31/09	8:30 a.m. Girls 9:00 a.m. Boys	Senior Practice	Chattahoochee River Park at the End of Columns Drive
Sat.	7/4/09	7:30 a.m.	Lenox Square Mall	Peachtree Road Race
Sun. – Fri.	7/12/09 – 7/17/09		University of North Carolina-Asheville	Coach Benson's Nike Smoky Mountain Running Camp
Mon.	8/3/09	6:30 p.m.	Walton Track	1 st Official Practice/12 Minute Run
Thur.	8/6/09	TBA	TBA	Team Pool Party
Fri.	8/7/09	TBA	TBA	Parent Social
Sat.	8/15/09	9:00 a.m.	Army Corp Property (Acworth)	Team and Parent Fun Run Please note the changed date
Mon.	8/10/09	8:20 a.m.	Walton	1 st Day of School
Wed.	8/12/09	TBA	Walton Commons	Team Potluck Dinner
Sat.	8/29/09	8:00 a.m.	River Green Complex, Duluth	Stage Races (1 st Meet)
Sat.	10/31/09	12:00 p.m.	Army Corp Property (Acworth)	Region 6-AAAAA Meet
Sat.	11/7/09	TBA	Carrollton	State Cross Country Meet

Cross Country Vocabulary

- Dynamic Stretching – drills and leg swings designed to warm muscles and improve range of motion, see a coach or veteran for examples
- Easy Run – running at a 60 – 70% effort, you should be able to talk while you run
- Fartlek – Swedish for “speed play”, a run in which you switch between a hard pace (70 – 90% effort or “on”) for a given time period and an easy pace (60 – 70% effort or “off) for a given time period
- Hill Repeats – a hard effort up a hill with a jog down recovery, remember what Coach Bill says, “Hills are our friends!”
- Static Stretching – traditional stretches like touching your toes, butterfly, calf stretches. Should be done after you run and held for 10 to 20 seconds each
- Strides – a short sprint (about 60 – 100 yards) done after a run to help stretch our muscles and to help your body develop the capability to run at a faster pace. Should be relaxed, but at a pace you could not maintain more than 30 – 60 seconds.
- Tempo Run – a sustained run at 70 – 80% effort, you should be able to hold this pace for 2 to 6 miles depending on your fitness. It should be tough to talk, but slow enough to know you could go faster if you had to.

10 Summer Habits of a Highly Effective Cross Country Runner

- 10) *Get a good pair (or two) of running shoes.*
 - ✓ Shoes will only last about 3 months (300 – 500 miles). Shin or knee pains can be a sign that shoes are near then end of their life.
 - ✓ Don't wear your running shoes for anything but running to ensure a longer life.
 - ✓ Walton athletes receive a discount at Big Peach, Fleet Feet, and Phidippides.
- 9) *Get others to run with you.*
 - ✓ Get your teammates out to run with you. You need each other.
 - ✓ Recruit your friends, neighbors, siblings, etc. to run with you.
- 8) *Learn about your sport.*
 - ✓ Magazines: Running Times, Runner's World, Track and Field News
 - ✓ Websites: ga.milesplit.us, dyestat.com, runnerspace.com, letsrun.com
- 7) *Take a supplement; runners need extra iron, calcium, protein, etc. to keep your body healthy.*
- 6) *Eat right.*
 - ✓ Avoid processed foods, fast food, fatty foods, etc.
 - ✓ Learn to love: vegetables, fruits, good carbs, peanut butter, etc.
- 5) *Get plenty of healthy sleep.*
 - ✓ During sleep, your body recovers, repairs, and grows.
 - ✓ Going to bed after midnight and sleeping late are just as bad as not sleeping at all.
- 4) *Do drills and stretch each day.*
 - ✓ Helps prevent injuries and improves your form.
- 3) *Join Coach Bill for an easy long run at Kennesaw Mountain each Sunday.*
 - ✓ Contact at bill_atc@yahoo.com to set-up a rendezvous.
 - ✓ Long runs are the most important runs of the week.
- 2) *Go to running camp.*
 - ✓ Coach Roy Benson's Nike Smoky Mountain Running Camp
 - ✓ Ussportscamps.com or 1-800-NIKECAMP
 - ✓ Atlanta Bus to camp: \$75 roundtrip, book early, 1-800-645-3226
- 1) *Get your summer mileage!*
 - ✓ The more you run, the more your teammates run, the more consistent you run, the better your season will be.
 - ✓ Come to the river during the week and run with the team.
 - ✓ Come to Kennesaw Mountain and run with Coach Bill on Sundays.
 - ✓ Find places to run when you are out of town.
 - ✓ Run before and/or after work.