**Heritage 5-Star Stride**

Where: Heritage, Catoosa High School, 3960 Poplar Springs Rd., Ringgold, GA 30736

When: Saturday 8/24

Admission: $5 per car

Saturday:

**5:10AM**: Arrive at EPHS

**5:30AM:** Leave EPHS

**7AM:** Arrive at Heritage

**8:30AM JV COED:** All other runners not listed in the varsity race (Kylee and Benji will organize)

**9:15AM Varsity Girls:** L. Burson, C. Clackum, J. Clackum, A. Gamel, H. Holmes, I. Lopez, A. Partida, J. Partida, N. Partida, **K. Pate**

**9:50AM Varsity Boys:** **A. Corn**, O. Corn, M. Ellison, B. McDaniel, C. McDaniel, E. Saravanja, C. Smith, Z. Staley, X. Steele, C. Zertuche

**10:45AM**: Leave Heritage

**12:45PM**: Arrive at EPHS

Parking

The Poplar Springs entrance will close at 7:30am to all incoming and outgoing traffic for safety reasons. If you arrive after 7:30am please enter the school through the Post Oak Rd entrance.

Runners please be aware of the times of your race and which race is before yours. All runners in a race should warm up together starting 45 minutes before their race. This includes a 20 min warm up run very easy to see the course if possible. Make sure you have your race number and everything ready before you leave. Use the bathroom and put on spikes after your warm up. The entire group should be on the line doing form drills and stride outs 15 minutes before the race.

After the race runners will finish their daily mileage as a cool down and then stretch before they are allowed to check out. Please sign your athlete out if you are taking them home yourself!

Pack Friday night! Things you need to bring: running shoes, uniform, water, and a snack. We will have some food and drinks available, but you need to be ready. If you have spikes bring those. Traffic will be crazy so plan accordingly and carpool if possible!

Please make sure to eat something before coming to the race, your body will need to pull from something! Don’t eat heavy, but get something. Also, remember the expectation in every race is NO WALKING!

Race Day Snack Sign Up: [https://www.signupgenius.com/go/4090944A4A82EA5FD0-50702759-race?useFullSite=true#/](https://www.signupgenius.com/go/4090944A4A82EA5FD0-50702759-race?useFullSite=true%23/)

A high school cross country course

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