

Hi Coaches,

Listed below is some pre-meet information for you to use to prepare for coming to compete in the 39th annual JR. WARD TENNESSEE XC CLASSIC.

There is a note about this below also,...but I'm including at the top of this email just so it doesn't get missed. There is a \$5 entry fee for anyone over age 18 except for coaches...so you might mention that to the kids to tell their parents, etc. (It has been waived in the past if all the meet expense bills have been paid, I don't think that will be the case this year)

There is a lot of information below – but please be patient, read thru all of it & pass on the information to your runners AND to the parents about the items relevant to them.

BY 6pm FRIDAY – please email jimkaiser@mindspring.com

- 1- If you entered a varsity race B-team, I DO NEED to know which athletes will run on your varsity race B-team.
- 2- If you entered (& paid for) any “extra” varsity race athletes above the 7 per team maximum – I DO NEED to know who will be those extra athletes in order to designate them as “non-scoring”
- 3- I DO NOT NEED TO KNOW SWITCHES FROM JV to VARSITY (or vice versa) –they will show up in the race results of the race that they run in (they just need to wear their assigned number/chip).
- 4- I CAN accept any substitutions until Friday at 6pm (no extra entry fee).
- 5- I CAN NOT take brand new entries after 6pm Friday.
- 6- All you need to do is email me at jimkaiser@mindspring.com

OTHER MEET INFO

1. The packets have been created with numbers & pins...the coach just needs to make sure the athletes wear the number assigned to them.
2. If weather became an issue – we won't cancel the meet – but we might delay until lightning is no longer a danger.
3. It is very important that runners, coaches, parents -- stay off of the nicely cut & manicured horse tracks, don't climb over the fencing, and don't use the restroom behind bushes. The horse people & Parks Dept. will be watching us this year & have been REALLY strict on this & it has caused issues with reserving the facility over the last year...we want to make them happy to allow us to continue our long tradition on this course. Team tents MUST be in the designated middle-of-the-field area very near the start & finish line.
4. Because of the increased presence of the horse board, we are moving the normal entry point for EVERYONE in the team parking grass parking lot. Please follow the gravel road in the parking lot to where it enters the middle field. (We will not use the 2 mile gate as a spectator or team entry spot anymore)
5. BUSES SHOULD NOT GO UP THE NARROW VAUGHN ROAD ALONG THE SIDE OF THE COURSE. BUSES should park in the grass lot that has an entrance along Old Hickory Boulevard – there will be signs.
6. The course is available on Friday only because it is a public park. So I may see many of you out there while preparing the course. It will take all day to mark the course so if you arrive, it might not be completely ready.
7. If you are coming to the course on Friday, bring your own water....and plan to use the restroom before coming. The portajohns on the infield are mostly closed up until Saturday morning. There used to be a small restroom building nearby BUT I'm predicting that they lock it. I always suggest to coaches that they pack an extra roll or two of toilet paper.
8. The major grass lot parking entrance will be open along Old Hickory Boulevard for busses from 2pm until about 6:30pm on Friday. Again, DON'T have your bus driver go up that little bitty road (Vaughn Road) along the side of the course....it is really difficult to turn around.
9. Tell your kids to watch their footing. If you are not familiar with the Steeplechase, you should know that this is a “traditional” cross country course (bumpy in many places) and not a groomed “golf course” cross country course...especially on the first couple of meets held on the course each fall.
10. I'll be working all day Friday at the course and with various errands, so I won't be checking email until late, late in the evening. If you have an emergency question, you can call or text my cellphone at 859-492-9990. I'll check it periodically and return your call if I can.

11. BRINGING TENTS AND EQUIPMENT TO THE RACE COURSE – it is easier on Friday but the risk of theft is possible although not probable (low risk)....you decide if want to take that risk. I probably would do it, but I might be a little more risk-tolerant.

FOR SATURDAY ESPECIALLY

1. TRAFFIC ADVISORY --- It would be good for you to inform your parents & assistant coaches planning to attend the meet about the traffic & parking as it impacts their arrival time. Just like Forrest Gump, you never know what you are going to get on race-day morning traffic. It is a simple two-lane road that “could” get backed up, so it is advised that folks plan to arrive a little earlier than they normally would. I don’t anticipate it will be backed up much at all unless an accident or stalled vehicle occurred, but just in case, give yourself some extra time to arrive. There is a college meet happening on the other side of the park.
2. Directions – Putting in a GPS address of “10 Vaughn Road, Nashville,TN” will get you very close to the Old Hickory Blvd & Vaughn Road intersection. The course is to the northeast of that intersection. Regular parking is in the grass lots along Vaughn Road – BUSES should not go up Vaughn Road but instead go down Old Hickory Blvd until they reach the BUS entrance.
3. PLEASE DON’T YELL OUT TO THE TRAFFIC POLICE from your window that you are a coach OR ask a question,....they will blow their whistle, give you a dirty look, and emphatically wave you to keep moving to other parking lots on Vaughn Road or across from the course.
4. IMPORTANT INFO!! You should definitely try to inform your parents that there will be a \$5 entry fee for anyone over 18 years of age (except coaches).
5. PACKET PICK-UP is one of the first things you should accomplish once you arrive at the course. Pick up tent will be at the entry point from the Old Hickory Blvd. grass parking lot.
6. Please tell your athletes not to crumple up their race numbers and to pin all 4 corners of the number so that it is easily visible at the finishline. They can fold the race number BUT don’t crumple it.
7. Bring extra toilet paper and an extra water bottle or two....you probably already do but I figure it can’t hurt to say it. We have water at the finish line for athletes finishing races only.
8. Trainers/Medical Staff will be located behind the finish line area.
9. If your team has noise makers, that is great! – EXCEPT in the 5 minutes before a race starts when we have race instructions for the athletes. Please let them know.
10. Each team will get a trash bag....WE BEG that you tie your bag near your tent or team area and tell your kids to use that bag for any trash. It isn’t fun picking up gunky banana peels, orange peels, & half full water bottles after the meet. Your team members should be responsible for picking up the trash in their team area before leaving the meet.
11. There will be a t-shirt tent with a special TN Classic logo in a variety of colors & styles. Due to the small size of the meet & short time-frame (9am-Noon), we have not had any interest from a food concession vendor for this meet...so be sure to bring any snacks, water that are needed by your team.
12. FINALLY, I also need to double-mention this. THERE IS A COLLEGE MEET on the other side of the hill. (Make sure your parents know where to go)

Thanks for reading thru all that.

I really appreciate everyone and BEST OF LUCK!