



St Albans Athletic Club

XC RACING INSTRUCTIONS

If you are new to cross country or the club, both runners and those accompanying please read our **First Timers Guide** a few days before.

Please always aim to arrive at the SAAC table / tent **one hour before** your race.

Upon arrival, please check **in on the register for your age group & collect your number**, complete the emergency contact details on the reverse and attach this to your running vest immediately. If you are not allocated a number on the register, please see the St Albans co-ordinator. Your age group team will depart on a **course familiarization 45 minutes** before your race. If you are later arriving, please sort out your own course reccie.

We suggest you get to **the start line a minimum of 5 minutes beforehand**, in your running kit. Remember to carry any **medication you might need on your person** – in a pocket, waist belt or arm pocket. Medication is of no use in a red stripy bag back in the tent or someone's handbag which could be 2km away. Give any surplus kit to a parent or team coach. Please avoid pushing and jostling for your preferred position on the start line – this is not a 100m dash and it's better to start safely and relaxed a couple of steps back or further along the line. Team mates should not link arms and have no need to be together on the start line.

After the race, please return to the St Albans tent and have a brief chat with a coach. For **Chiltern League races you keep the same Tyvek number** for the season. This means for future races you must **not forget to bring the number**.

Wrap up warm & do a proper **cool down** with your team mates. Then get something to eat & drink. Please dispose of any safety pins, tape & food waste safely and tidily – don't drop them on the ground! Before leaving, please try to have a **chat with a coach or coordinator** to let us know how your race went.

Please check you have **all your belongings** and take home the correct muddy footwear! Please **clean your own kit** as soon as you get home and store your number safely for the next race. If you lose your number or it gets eaten by the dog its essential you let us know well before the next race and you will need to arrive extra early with £5 in cash.

HAPPY RACING!