

Fall 2023 Accelerators Cross Country

General Info

The youth running club cross country season occurs in October and November. The Accelerators participate in several meets (described below) culminating in a national meet (Louisville, KY) and a fun meet in Wisconsin. Please read the information provided, and if you have any questions, ask Coach Keith. For information, history, results, and/or schedules you can always check Facebook (Accelerators Running Club) and the website (acceleratorsrunning.com); also subscribe to email list via the web site.

Practices

Everyone is welcome to participate, and adults can participate alongside the kids. Remember that everything is voluntary. Older Accelerators running on school teams are welcome anytime that their school teams do not meet; they need to inform the Accelerators' coach what their workouts have been the last few days and any upcoming races. After the school season is done, please come back and invite your friends.

Weekdays

Practices are at 5pm. Now until day-light savings ends, we will have practices at the Windmill. At least one day a week will be speed and at least one day a week will be hills. You can find a calendar on the website and there are some announcements via facebook.

After the time change, we will run speed at Marjorie Murray Park (Geneva HS) and distance at Peck Farm.

Weekends

Weekend practices are longer runs. Some of these practices will be at our home course at Herget Middle School. In November, we will do a couple of long speed repeat workouts in preparation for nationals.

Meets

All meets in which we participate will require an individual entrance fee. Meets are voluntary and may require some travel. There will be emails and announcements at practice for filling out entry forms; most of these will need to be completed and turn in to a coach days in advance.

Youth Club Meets

Saturdays in October & November there can be a youth clubs hosting meets. Entry fees range from \$6-\$8; if we host a meet, it is **free** for Accelerators' families.

Middle school runners can compete if there is no conflict with a school event. High school runners cannot compete until after their season is completed (after conference or state series meets).

Schedule

Generally, there is a course walk followed by races every 20-30 minutes. Each meet will have its own schedule with the younger kids running first. Tentative Schedule:

Date	Host
October 7	Belvidere Tornados
October 14	open
October 21	Elgin Sharks
October 28	Rockford Wildcats

Home Meet

Based upon how small the Accelerators club is and knowing conflicting middle and high school meets are on Oct 14, we decided to not host a meet in October. We may consider hosting a meet in November if we believe that we have the families to volunteer to host the meet: people to help with the meet setup the night before; during the meet we will need people to work the finish chute, be course marshals, and work concessions (we try not to have you work during your child's race); and cleanup the school grounds after the meet.

Divisions

Here is a chart showing the different age categories and the distance that are raced. Girls and boys generally race separately unless there are not many runners in an age division.

Year Born	Division	Distance
2015 -- 2018	8 years & under	1500/2000m
2013 & 2014	9-10 year olds	3000m
2011 & 2012	11-12 year olds	3000m
2009 & 2010	13-14 year olds	4000m

Generally, there is a single Open race for runners born in the year 2008 or earlier (including parents).

Rosary Touch of Cross Races

This is a fun weekday race. Kids are grouped by grades. Each race is 1 mile with hay bales and a water pit to jump. The date has not been set (in the past mid-October); when we find out the date, it will be announced. In the past, the cost was \$1 to race.

Nationals

The Accelerators participate in the Cross Country Coaches National Youth Championships. The meet is **November 18** (Saturday before Thanksgiving) in **Louisville, KY**. In addition to the above classifications, older kids can participate.

Year Born	Division	Distance
2007 & 2008	15-16 year olds	5000m
2005 & 2006	17-18 year olds	5000m

Additionally, there is a Race of the Americas for 3-6 years old to run 800m.

There is a larger entrance fee for this race. The Accelerators have a participation policy (see website). There will be emails sent out describing organizational aspects in early November.

Footlocker Midwest Regional

The Saturday after Thanksgiving is the Footlocker Midwest Regional race held at UW Parkside near Kenosha (about a 90-minute drive). There are several 5000m high school races, a 5000m open race and a 3000m youth championship race (younger than high school). More information will be in a Nov. email.

Accelerators Clothing

Uniform

Accelerators racing shirts are available for \$15 from Sarah and Keith. The shirt is red with light blue lettering: "Accelerators" is on the front and the logo on the back. Please wear either light blue or black bottoms. In cold weather, please wear extra layers underneath the uniform.

The club does facilitate a shoes/spikes exchange program. Please contact Keith if you are interested.

Spirit Wear

In the past, an online store organized by different parents have been open for short amount of time during the fall. If someone is interested to organize the store, please let us know. Look for email and facebook announcements.

Accelerators Volunteering

Trail Clean-up

With the Fox River Trail Runners, we hope to participate in trail clean-up about the Windmill. Time and date in October are to be set.

Fox & Turkey Race

The Accelerators and the Fox River Trail Runners are hosting a 4-mile race and 1-mile youth race on Thanksgiving morning in Batavia. We will need families to help with being course marshals and running the water stop. There will also be opportunities to help with packet distribution and such. Stay tuned.

The Fox River Trail Runners have supported the Accelerators by renting a tent for nationals; renting the indoor facility during the winter; paid for some of our home meet awards; and providing college scholarship opportunities with a component of service for the running community.