

Berkshire Middle School Cross Country 2021

Run Hard and Be Nice to People!

Website: <https://sites.google.com/site/sentinelsxc/home?pli=1&authuser=1>

Twitter: [Coach Hudson @obms_cc](#)

Remind: To: 81010 **Type in Message:** @21runb

Strava: Search for Berkshire XC

Survey Monkey: <https://www.surveymonkey.com/r/YMVTBFS>

Coaches Contact:

Head Coach Michelle Hudson – hudski143@gmail.com – text or call 540-226-8587

Assistant Coach Lauren O’Boyle – lauren_oboyle@olsd.us - text or call 614-668-2775

Volunteer Coach Mike Burns – michaelaburns@yahoo.com – text or call 561-262-7027

Push Yourself Because No One Else Can Do It For You!

Tips for getting started:

- *Make sure to buy a good pair of running shoes. Remember to let them know that you are running cross country for Berkshire and you should get a discount at most running stores. (See below for shoe basics)*
- *Run in the mornings or evenings when it is cooler*
- *Run at a pace that allows you to carry a conversation with your running partner*
- *Run with someone!*
- *Follow a schedule. It is easier if you make this a routine.*
- *Try to complete the runs without walking. This may take you a few tries but continue to push yourself to run further without walking.*
- *Drink lots of water. Stay hydrated! You are losing more water than you think when you run.*
- *HAVE FUN! Run with friends or pets, on trails, on the beach, in a pool, around the block. Keep it fun.*

Run Safe

Remember to always Run Safe.

- Run with a partner (or a dog)
- Run against traffic
- Run with a phone (if possible)
- Don't wear headphones
- Stay alert and be aware of your surroundings

Running Shoe Basic Guidelines/ Tips

Buy shoes at a store where you are allowed to walk/run around in the shoes before purchasing.

Buy running shoes for function and fit, NOT fashion! There are many fashionable shoes that are marketed as running shoes. They are not!

Qualities to look for:

- Toe box - should be roomy enough for toes to spread out, but not so roomy that your feet slosh around in your shoes. Toes should not be curled up or pinched.
- Compression properties - the sole of the shoe should be substantial, not flat and thin. The shoe should not easily bend in half. "Run on a cloud."
- Adequate arch support - should be sufficient for your foot/arch. In running shoe stores (listed below) your foot will be evaluated for arch height. This is key to helping avoid shin pain.
- Heel counter - the back of the shoe that cups your heel should be firm and not easily pinched together, especially where the counter meets the sole of the shoe.
- Tread - there should be some type of durable looking tread on the bottom of your shoes.

You don't have to buy expensive shoes to get good shoes. Fit of the shoe and stability are the most important factors to look for. Even the best shoes can't prevent injuries. However, proper shoes can help you avoid injuries such as tendonitis (shin splints), knee pain, and ankle pain. If you've already purchased shoes, it's OK, just pay attention to your feet and lower legs. If they start hurting, you may want to address the shoes first.

Before purchasing spikes please speak to your coach.

Running shoe stores:

RoadRunner – 535 Lakeview Plaza Blvd, Worthington

Fleet Feet - 1270 E Powell Dr., Lewis Center

Front Runner - 1344 W Lane Ave, Columbus (near OSU)

Second Sole Gahanna - 1245 N Hamilton Rd, Gahanna

Second Sole Delaware - 28 N Sandusky Street, Delaware

You Don't Get What You Wish For, You Get What You Work For!

Summer Training Guide

If you want to have a GREAT Cross Country season you should put in some miles over the summer.
"Summer miles bring Fall Smiles!"

8th Grade Boys & Girls (experienced 7th grade runners).

Number of minutes per day

DATE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
5/25	15	15	15		15	15		75
6/1	15	20	15	20	15	15		100
6/8	25	15	25		20	15		100
6/15	20	15	30	20	20	20		125
6/22	25	20	30		30	20		125
6/29	40	20	30	25	30	25		170
7/6	35	25	40		30	30		160
7/13	40	30	30	25	30	30		185
7/20	40	30	30	25	30	30		185
7/27	45	25	30		-	-		-

7th Grade Boys & Girls (or runners active in other summer sports)

Number of minutes per day

DATE	MON	TUES	WED	THURS	FRI	SAT	SUN	TOTAL
5/25	15		15		15			45
6/1	15		15		15			45
6/8	20		20		20			60
6/15	20		20		20	20		80
6/22	25		25		25	25		100
6/29	30		30		30	30		120
7/6	30	30	30		30	30		150
7/13	20	25	30		25	30		130
7/20	30	30	30		30	30		130
7/27	30	30	30		-	-		-

Summer Places to Run

-Remember to be respectful to others on trails

Char-Mar Ridge Reserve: Up the road from McNamara Park on Rte. 3 North, has a great 1.5-mile loop to run, plus the Genoa bike path is there. Off Lewis Center Rd, near where it intersects with Rte. 3

Alum Creek: Lower dam area near the intersection of Africa, Big Walnut, and Lewis Center Rds.

Shale Hollow : 6320 Artesian Run, Lewis Center, OH 43035. The park is off of Route 23- across from the Lewis Center Kroger.

McNamara Park: 7049 Big Walnut Rd, Galena, OH, intersection of Big Walnut Rd. and N State St North of Westerville (Behind fire station)

Highbanks: Metro Park 9466 Columbus Pike, Lewis Center
At the corner of Powell Road and US 23

Sharon Woods: 6911 Cleveland Ave, Westerville

Heritage Park Westerville: 60 N. Cleveland Avenue, Westerville

2021 Schedule

May have a few more additions added at later date

8/24 Liberty

8/31 @ Hyatts

9/7 @ Big Walnut

9/14 Delaware

9/21 Genoa

9/25 Tiger Invitational

9/28 @ Shanahan

10/2 Panther Invitational

10/5 Orange