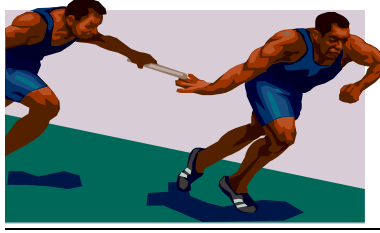


DURHAM STRIDERS TRACK CLUB



NEW PRACTICE at NCCU

Beginning Monday, we started practice at NCCU's track. This is a real benefit for us to use a rubberized, collegiate level track and field facility. We are sharing it with the NCCU track athletes who are preparing for continued competition in NCAA and potentially Olympic trials. This is why we ask that the kids NOT get on the track until a coach directs them in the afternoons. Even more importantly, the numbers of kids are increasing as the middle and high school athletes join us now that their school season is completed. For this reason, with more than 150 kids expected over the next few weeks, **it is absolutely essential that only the athletes and coaches are on the track and field during practice.** If there are questions that you have of the coaches, please see them before or after practice, but **do not come onto the track or field. Please do not come on to the field to watch your children during practice. If one parent is allowed to do this, all parents should be allowed and it would be utter chaos and very distracting to the kids especially.**

FOLLOWUP FROM CHARLOTTE

The kids did well last week in Charlotte. Despite the meet's disorganization and the long waits, the kids were patient, excited and ran well. We have partial results, some of which are not accurate and gave out as many ribbons as we got. Based on their performances and our observations of their running, we are able to make adjustments to match the kids in appropriate training groups, events, etc.

We appreciate ALL OF THE SUPPORT from the parents and families for the kids. It makes a HUGE difference that we all encourage and support the kids. There were a number of surprises from the kids on Saturday, but overall the base conditioning of the kids has come through, and we are ready to begin pushing the kids in focused areas.

Next week the long and triple jumpers will begin to work with Roy Anderson, the hurdlers will begin working with Elbert Ellis, the high jumpers have already begun working with Willette Crews and the throwers have begun working with Willie Reese. With the exception of the throwers, the specialty work will occur once a week while we continue to work on running.

Friday Night at Burlington, May 16th Burlington Cummings High School/6 PM start

The second all-comers meet will be held next FRIDAY night at Burlington Cummings High School. It will be a nice "warm-up" for the Durham Strider Developmental Meet the following weekend. Once again we will plan to run the 100, 200, 400, 800, and 1500m and 4x100 relay. The field events will be long jump and shot put. As many kids as possible should take advantage of this opportunity to run.

The kids will once again dress out in Durham Striders running gear. As this will be an abbreviated meet, we expect that the kids will need water and snacks, but we anticipate completing everything by 9PM.

DIRECTIONS: Take I-85 South. Take exit 150 coming south from Durham. Turn right. Next turn will be left on HWY 70 W. Take 70W to S. Sellars Mill Rd.-Turn left (across from Cum Park Plaza Shopping Center) Turn left at first light. Follow into school-can come between tennis court and school to stadium.

Durham Striders Developmental Track Meet: Saturday, May 24, 2008
NCCU Track/9AM Start

The Durham Striders will host a Developmental Track Meet on Saturday, May 24th at NCCU Track. This meet will feature competition for children from 6 and under through 17-18 years old. Most of the children will compete in at least 2, and in some cases as many as 3-4 events on Saturday. All events will be timed finals. The meet will begin at 9AM and roll through until all events are completed. We will need a lot of help to make sure that OUR MEET runs efficiently, as on time as possible so that we can get all of the scheduled events completed, results logged and awards given out to the teams who will be participating.

The kids will dress out in navy running shorts and either plain white T-shirts, or preferably Durham Strider **white** running shirts. They will need to wear their running shorts/shirts under their warm-ups. **Please label all clothing items, shoes, bags, coolers, etc.** Parents should also know that children tend to leave their clothing around so we ask that you are careful to make sure that the kids (or preferably the parents) keep up with their things.

Our kids will need to be at the track **NO LATER THAN 8:00AM.**

The children will need to eat breakfast **BEFORE** they come to the track Please **DO NOT GIVE** the kids, foods containing milk, fried foods, and juice with pulp. A reasonable breakfast for the kids would be apple juice, pancakes/waffles with syrup (**NO BUTTER or MARGARINE**), oatmeal, or dry cereal. The kids will also need snacks and **PLENTY** of water to take with them. Please send **NUTRITIOUS** snacks, such as fresh or dried fruit, NutriGrain cereal bars, and peanut butter and jelly sandwiches on **WHEAT** bread. **Do not send candy, cookies, chips, chewing gum, sodas, Kool Aid, sandwiches with fried meat and/or mayonnaise.**

We will insist that the children sit together so that we know where they are at all times. This allows them to warm up together, get to the check-in areas together and **on time** and remain together during the meet. This will allow us to **get the children to check-in at the first call for their events** on time. Since most of the kids won't remember which events they are in, it will be even more important that they are close to the coaches so that they do **NOT** miss their events. We cannot emphasize that we need to know where the children are **AT ALL TIMES**. For the young kids, 11-12 and under, we request that they do not go **ANYWHERE** unaccompanied, including the bathrooms. Please review the code of conduct with the children. It will be **strictly enforced** for this and any subsequent activities both in Durham and for future meets away from Durham. We will not tolerate horseplay, fighting, wandering off without permission, bad/profane language, fighting, or any of the other behaviors, which are spelled out in the code of conduct. **Any violation of this will be grounds for suspension from the team and there will be NO exceptions to this.**

Please **plan to be at the meet all day** and come prepared. If your children are leaving with you when they complete their events, please let the coaches know **before** taking your child so that we can account for all children before leaving for Durham at the meet's end. Some of the children may finish their individual races but will be scheduled for relays. Therefore, it is essential that you do not take your children home **BEFORE** talking with your child's coach.

RECYCLE YOUR SPIKES

Many of you have spikes that your children have outgrown but are in good shape. **Please bring those spikes in good condition to the track, so that we might recycle them for the children who need them.** Many of the smaller sizes especially are very difficult to find and therefore any help that you can give us will be appreciated. Parents should check with their child's coach to see if they will need spikes.