

How to Pack for a Cross Country Meet

For Runners:

To the strap of the gym bag, attach

Four safety pins. (Some meets give numbers but don't give the pins to fasten them to the front of the uniform!)

Inside, pack the following items (or bring them with you!)

Uniform!

Pride shirt and shorts! (Ticket to get on the bus!)

Watch!

Running shoes & socks (wear any old shoes to and from the meet; pack clean, dry race shoes & socks in bag to put on before race)

Extra socks if a rainy day

Vaseline or Boudreaux's Butt Paste

Baby wipes (to clean up after the race)

Beach towel (for resting before the meet and cleaning up after the race!)

Plastic bag (for wet, sweaty, dirty clothes after the meet)

Sunblock

Water bottle (to stay hydrated!)

For Spectators:

Umbrellas

Lawn/fold-up chairs

Sunblock/sunhats

Stop watch (to keep the time of your favorite athlete!)

Cameras: video and otherwise, extra batteries

Extra shoes & socks

Map to the meet or directions

Things for fans to shout so they sound like they know what they are talking about:

Good race. Looking good.

Run through! Don't stop till you cross the line!

Relax! Long strides!

Go catch up with.....! Stay with him! Run in a pack!

GO WOLVES!

GO WOLF PACK!

Let's go, St. Paul's!

Finish strong!

Come on. You're almost there. You can do it!

Come on. Finish strong. Sprint it in.

Sprint! Run it through!

After the race:

Did you PR? Great race. You're getting better! All the hard work is paying off!