



The Central Oregon Running Klub (CORK) Youth Program coach volunteers are again organizing youth cross country runners from Central Oregon to compete as a united team at the upcoming USATF Junior Olympic Cross Country events. Over the last couple of years CORK teams have had fun joining together as a community team to compete against the state, region and nation. We again look forward to helping unite the youth team to have a fun time representing the Central Oregon Community while achieving their goals in cross country competition. Middle school runners are the focus training age group for the club, but this also includes 5th and 9th grade athletes. Younger and older youth athletes are also welcome to be part of the club for competition, but the practice sessions may not be appropriate for the younger than 5th grade age range.

New this year we have Max King joining the volunteer coach group. Max is a nationally accomplished distance runner who also enjoys sharing the experience of running with his community. Max joins the other volunteer coaches Petter Hatton, Bob Latham and Doug Lange.

The start of our club training season is just around the corner on November 2nd. We plan to have two information meetings prior to practices, see schedule below for information sessions, practice and meets. This year we are asking the parents and kids to consider their goals going into competition and share those goals with the coaches prior to the state meet. This is important so that the teams know who is hoping to participate all of the way to the National meet and who is looking only for local competition. Either option is fine with the club, but we have found that it is important to make this decision prior to the State competition so that the "team" can plan accordingly. This topic will be addressed more at the information meetings and during the first two weeks of practice.

For more information about the Junior Olympics see the USATF website: <http://www.usatf.org/groups/Youth/programs/JuniorOlympics/>

If you are interested in joining the club:

- Joining the club is free. There are USATF costs for membership and competition.
- Notify Doug Lange via email (douglange@bendbroadband.com). Provide name, gender and year born.
- Sign-up for USATF membership and specify CORK club 37-0304 (wait until after Nov 1st as this provides membership good through 2010): <http://www.usatf.org/membership/> (unless membership is already current for 2009).
- Sign-up for the State Junior Olympic meet. <http://www.usatf-oregon.org/2009AssnJOXC> (deadline 11-11-09)
- Uniform: Singlets provided by CORK.

Information Sessions:

- October 28th Middle School District Meet at Bend Pine Nursery. Stop by the CORK/USATF tents at the meet.
- October 30th in the Footzone shoe store at 6pm.

Practice Sessions: Drake Park, Starting Nov 2nd, M-W-F, 3:15 to 4:15. Meet by bike racks.

- See the training calendar for workouts and date changes: <http://www.centraloregonrunningklub.org/youth.htm>

Competition (more information see http://www.usatf-oregon.org/files/JO_2009_XC%20Brochure%20Final.pdf)

- Developmental meet (all comers) Nov 7th, Sandy High School.
- State meet, Nov. 14th, Sandy High School (no pre-qualifications required)
- Regional meet, Nov. 21st, Spokane, WA
- National meet, Dec. 12th, Reno, NV
- *Van transportation may be available for all meets. Check with coaches.*

Age groups and distances

- Sub-Bantam, born 2001+, compete in 2k distance (1.24 miles)
- Bantam, born 1999-2000, compete in 3k distance (1.86 miles)
- Midget, born 1997-1998, compete in 3k distance (1.86 miles)
- Youth, born 1995-1996, compete in 4k distance (2.48 miles)
- Intermediate, born 1993-1994, compete in 5k distance (3.1 miles)

P.O. Box 415
Bend, OR 97709