

## CSM Crystal Springs Cross Country Course

### 2019 News Letter

Attached is the 2019 Cross Country Final Schedule #20 CAREFULLY CHECK the starting time of the first race. This cannot be changed after the final schedule is printed. This is important for the Belmont Police and Peter Tapia the EMT.

Any changes requested on this final schedule will have a \$50.00 service charge.

Any races that are planning on using my "Rush Timing" services please confirm and/or reconfirm with me. Please confirm again just to be sure. [rushruner@gmail.com](mailto:rushruner@gmail.com)

On a serious note: I have had a larger than average number of complaints about double parking to load and unload athletes. This includes loading and unloading in front of peoples driveways and handicap parking areas. It involves mostly Middle School groups. They don't have buses or vans for the most part. The parents think they have to let their kids off right in front of Hallmark Park or in front the vehicle entrance. At one point last year I came out to check on things and there were 15 cars backed up on Hallmark Drive while a parent unloaded a runner and a cooler and some other items. This has got to get under control and be stopped.

This coming season I plan on fining the League of the offending school(s) \$200.00 for the first offence and \$500.00 for each additional violations. These fines must be paid to the CSM account for the Crystal Springs Course or the League of the offending Cross Country Teams will not be allowed back on the course for practice or competition until it is paid. I would advise coaches to formally advise parents of their athletes of this new situation. Coaches are advised to send out letters or emails to all parents to advise them of this very serious problem that could jeopardize the use of course to all Middle Schools.

I will be working with the Belmont Police Dept. to set up loading and unloading areas beyond the last house by the vehicle entrance (2565 Hallmark Drive) The High Schools and Colleges usually have this area for bus or van parking. For Middle Schools this will become their loading and unloading area. If an athlete can run a couple of miles on a hilly cross country course, they should be able to walk a couple of blocks!

A reminder to coaches: Make sure you have a medical sheet (card) for each athlete with you at the race at each competition. It **can't** be only on your cell phone. **NO CARD, NO RUN, No exceptions.**

Looking forward to a great cross country season in 2019. I want to welcome back the CCS Championships, hopefully it won't be smoky this year.

Happy running,

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