

2019 NGHS Cross Country Summer Schedule

All meeting times will be at 7:15 a.m.

Starting **Wednesday, May 29** (the first team summer practice will be at the **North Gwinnett Track**), the summer schedule for the cross country program will be as follows:

- Mondays and Thursdays: George Pierce Park
- Tuesdays: North Gwinnett Track/Sims Park
- Wednesdays: Settles Bridge Park
- Fridays: Gwinnett Environmental & Heritage Center
We will start at the Gwinnett Environmental Center and will incorporate other locations later in the summer.
- Saturdays: We will not meet on Saturday's regularly. However, we may have several special runs on Saturday which we will advertise in advance.

You must have a water bottle, good running shoes and you should bring your watch if you have one. If you don't have one, go to the store and purchase a cheap stopwatch so you can time your runs and you won't have to rely on someone else!

We are running in different locations this summer (like last year) to try and cut down on injuries from running on the roads all summer long. The Gwinnett Environmental & Heritage Center and Settles Bridge Park allows for mileage that can be run off the roads.

We will also incorporate accelerations after certain runs and many of our summer runs will include tempo-style runs.

Please be picked up by 9:00 a.m.

Directions are below and on the back of this sheet.

George Pierce Park (Mondays and Thursdays):

From NGHS, travel on Suwanee Dam Road towards I-85. You will be on Suwanee Dam Road for about 2.5 miles. Cross over a set of railroad tracks and turn left onto Buford Highway. George Pierce Park will be the next light. Turn right into the park and travel all the way until you get to the soccer fields on your right. Turn right into the parking lot immediately **AFTER** the soccer fields (about $\frac{3}{4}$ of a mile total).

Settles Bridge Park (Wednesdays)

From NGHS, travel on Suwanee Dam Road toward Buford Dam (away from I-85). Take a left onto Johnson Road (toward Bear's Best Golf Course). Settles Bridge Park is approx. 1.5 miles on your right.

Gwinnett Environmental & Heritage Center—the directions are easier than it reads. Chances are you have passed this place many times taking the back road to the Mall of Georgia (Fridays):

From I-985:

Take Exit 4. Turn onto Buford Drive (GA Hwy 20) and travel south on Buford Drive until you get to Plunketts Rd. Turn right onto Plunketts and continue straight until you get to Clean Water Drive on your left. Turn left onto Clean Water Drive and continue straight until you get to the parking lot of the Gwinnett Environmental & Heritage Center at 2020 Clean Water Drive.

From NGHS:

Take Lawrenceville-Suwanee Road to Satellite Blvd. and turn left onto Satellite Blvd. and travel until you get to Woodward Mill Rd. Turn right, cross over I-985, and stay straight until you get to Plunketts Rd. **Turn left (it sort of curves to the left as it changes names) and stay straight until you get to Clean Water Drive. Take right and continue straight until you get to the Gwinnett Environmental & Heritage Center at 2020 Clean Water Drive. **Do not try going into the service entrance at the intersection of Plunkett and Clean Water...This is where it curves around to the left and changes from Plunkett to Clean Water. The Center's public entrance will be just down on the right after this curve to the left.**

From anywhere on Woodward Mill:

Take Woodward Mill like you were taking a shortcut towards to Mall of Georgia. Stay straight on Woodward all the way until you cross over I-985 until you get to Plunketts Rd. and follow the directions in the paragraph above from the **.

From I-85 coming south:

Take Exit 115 at Buford Drive (GA Hwy 20) and travel north on Buford Drive until you get to Plunketts Rd. Turn left onto Plunketts and continue straight until you get to Clean Water Drive. Turn left onto Clean Water Drive and continue straight until you get to the Gwinnett Environmental & Heritage Center at 2020 Clean Water Drive.

Call Coach Rowland @ 404-665-7748, Coach Stanfield @ 770-654-3600, or Coach York @ 678-983-3843 if you have any questions about the directions or anything else.