

Equipment and XC uniform rules

For Practice:

Running shoes with less than 300 miles on them. (If you have over 300 miles on shoes, it's time to purchase new ones: Runners Alley would be happy to fit you as well as Greater Boston Running Company who will video tape your stride and put you in the proper shoe for your foot strike)

Basic digital watch that has a chronograph function (can pick one up on amazon or walmart)

water bottle

4:1 Carb/Protein Post run fuel

If you are looking for the best way to refuel your body after long, strenuous endurance exercise, a 4:1 combo of carbohydrate and protein seems to be your best choice. While solid foods can work just as well as a sports drink, a drink may be easier to digest make it easier to get the right ratio and meet the 30 minute window.

When our team runs at Mine Falls, all runners must wear running tops (even during the summer training) that covers their abdomens per request from the Nashua South Athletic Director.

For Racing

NO JEWELRY WHATSOEVER!

XC Spikes: purchase at Runners Alley, Alex Shoes

plugs and 1/4" spikes