

## Middle School Cross Country Jamboree October 14, 2017

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[Jamboree Spreadsheet](#)



### **Instructions**

The course will not be at KIS. The cross country course will be over one mile from the KIS campus so walking from the school is not an option. The course is on the Tancheon River in Bundang near Jeongja Station. There are two Korean public schools directly across the street from the staging area where cars can park. Buses will need to either stay on the street or find a spot close by. A map is attached to give you more precise directions to find the course and the staging area ([Link on Google maps](#)).

### **Course Location**

Any of the following addresses will work with a navigation system:

1. Staging Area -120-2 Jeongja 1(il)-dong, Bundang-gu, Seongnam-si, Gyeonggi-do
2. Seongnam Shingi Elementary School - 89 Jeongja 1(il)-dong, Bundang-gu, Seongnam-si, Gyeonggi-do
3. Jeongja Middle School - 123 Jeongja 1(il)-dong, Bundang-gu, Seongnam-si, Gyeonggi-do

### **Jamboree Spreadsheet**

Prior to Wednesday, October 11th, coaches need to enter each of their runners in one of the races: girls 3km, boys 3km, girls 5km, boys 5km, All Star girls 5km, or All Star boys 5km. On the day of the jamboree, we will use this spreadsheet instead of numbers or labels so it is absolutely necessary to enter this information. Upon arriving the day of the jamboree, coaches should check in at the scorer's table under the bridge to verify your entries in each race. At that time coaches would inform KIS if the runners entered on the spreadsheet are in attendance or changing races. [Jamboree Spreadsheet](#)

### **Coaches' Meeting**

We will have a brief **Coaches Meeting at 8:40am** near the scorer's table to cover race information and other important details for the day. The coaches' meeting will be after the walkthrough so we can voice any concerns over the course, if necessary.

## **Walkthrough**

We will have a **walkthrough at 8am**. Please arrive at the course **no later than 7:50am**. The 3km and 5km courses are very similar so we will walk as one group. However, we will not walk the full 5km. Those wishing to walk the full 5km can do so on their own. When we arrive at the spot where the two courses diverge, we will make an announcement for the 3km runners to follow their course to the finish line. The 5km runners can continue walking the full 5km course if they wish.

## **Race Details**

The approximate times of the races will be:

- **9:00am:** 3km girls/boys race
- **9:25am:** 5km boys
- **9:30am:** 5km girls (staggered start)
- **10:05am:** All Star boys 5km
- **10:10am:** All Star girls 5km (staggered start)

## **Course Descriptions and link to the map on Google Maps:**

**3km Course:** Starting under the bridge near Jeongja Station, runners go straight along the walking/running path for just a bit over 1km. They will then cross a concrete area to a bike ramp. As the bike ramp meets the sidewalk, runners will make a hard left on the sidewalk and head toward the bridge that takes you toward Job World. Runners will follow the sidewalk around the block to the other side of the river. Once on the other side, runners will continue on a stone path under the trees next to the Park View Apartments until they reach the bike ramp near the riverside entrance to Parkview. They will turn hard left and go down the bike ramp onto the path opposite of where they started. They will need to get on the walking/running path (not on the bike path) and turn right. At this point they will be heading back toward the starting line, just on the opposite side of the river. They will proceed until a small bridge just over the water. After crossing, they will turn right and head to the start/finish line. Marshals will be at all turns. ([Link on Google maps](#))

**5km Course:** This course is a loop and involves crossing to opposite sides of the river. Starting under the bridge near Jeongja Station, runners go straight along the walking/running path for just a bit over 1km. They will then cross a concrete area to a bike ramp. Runners will go up the bike ramp and as it meets the sidewalk, runners will make a hard left onto the sidewalk and head toward the bridge that takes you to Job World. Runners will follow the sidewalk around the block to the other side of the river. Once on the other side, runners will continue on a stone path under the trees next to the Park View Apartments until they reach the bike ramp near the riverside entrance to Parkview. They will turn hard left and go down the bike ramp onto the path opposite of where they started. They will need to get on the walking/running path (not on the bike path) and turn right. At this point they will be heading back toward the starting line, just on the opposite side of the river. Now on the opposite side from the start, they will then proceed toward the start line for about 2km. After about 2km, runners will see a small bridge (different from the 3km course) and go past it to a cone about 60 meters away. Runners will turn around at this point and head back to the bridge and cross it. At the

end of the bridge, runners will turn left and head to the finish line on the walking/running path, which is around 1km away. ([Link on Google maps](#))

### **Race Marshals**

Each visiting school should provide at least one marshal to help guide the students. We will be flexible placing your marshal in a spot where they can still coach.

### **Restrooms**

There are public restrooms located at the staging area.

### **Nurse Information**

KIS will have one of our staff nurses on site for the races. Her name is Sylvia Cho and number is 010-7183-8581.

### **No food will be available**

Due to being in a public space, the city restricts selling food. There are no stores directly next to the staging area so inform your students to bring their own snacks. KIS will provide a water station and runners are encouraged to bring their own as well.