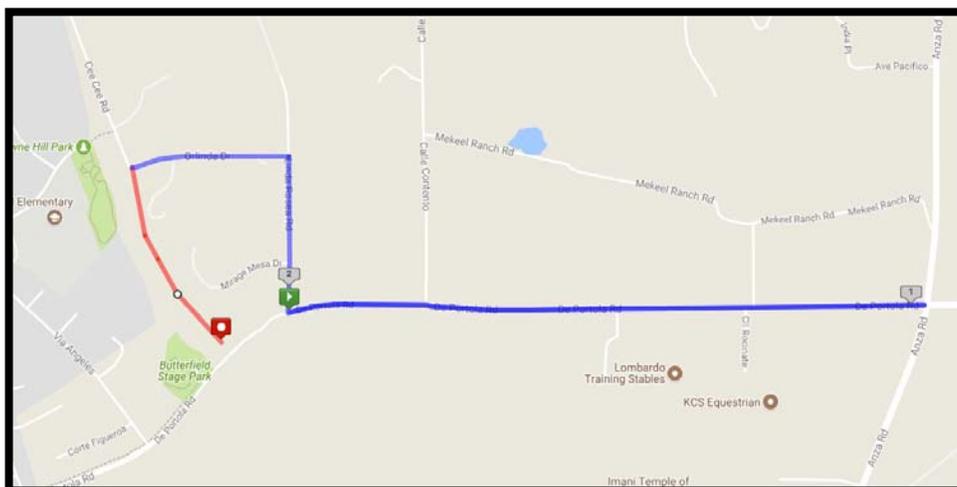




2020 Virtual Time Trial

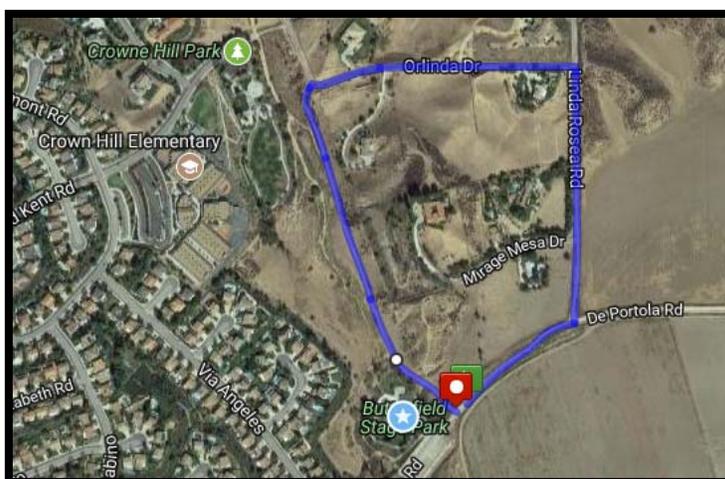
July 13th we will be having our virtual time trial. Due to Covid-19, we cannot do it as a group, but we encourage all athletes to race their course and see where they are at! The course locations are just outside of Butterfield Stage Park at the end of De Portola (maps below). All incoming 9th graders race the Frosh 1 mile course. All returning athletes race the ~2.75 miles course. We encourage our athletes to run their race in the morning of July 13th and **send a picture of their watch to Coach Soles** (951-326-6992 or dsoles@tvusd.us) to be added to the *official virtual race results* for this year. Obviously, honesty will be very important for this to work, but if everyone participates and sends their time, we will get a good sense of our current fitness and a fun way to compete! Please stay 6 feet away from any other people, wear a mask when not racing, and be as safe as possible at all times. The start line and finish line areas for each race will be spray painted on July 12th so everyone knows where to start and finish. We look forward to some awesome times!

Virtual Race Courses



Returning Time Trial Course – 2.75 miles

Starts at the end of Linda Rosea Rd at the bottom of the hill, athletes run to Anza Rd and turn around at the stop sign. They run back towards the park area, but turn on Linda Rosea, then left on Orlanda Dr, and left on the trail back to the finish line.



Frosh Race Course – 1 mile

Starts at beginning of De Portola Rd when it turns to dirt. Athletes go left up the hill at Linda Rosea, left at Orlanda Dr., and left on the trail back to the finish line (around where the start is). Course has up and down hills.



Great Oak High School Cross Country
Coach Soles – Cell # 951-326-6992
Email – dsoles@tvusd.k12.ca.us

