

NIKE TEAM NATIONALS SE REGION QUALIFYING MEET



SAT. NOV. 24TH, 2007

**THE 1ST NIKE TEAM NATIONALS SE
REGIONAL QUALIFYING MEET WILL
BE HELD AT THE CITY OF
HOOVER'S VETERANS PARK ON
VALLEYDALE RD. (Same location as
the Great American XC Festival).**

Here's your chance to see how your team stacks up against the best teams in the SE US and/or to prepare your team for next year. The top two high school XC teams qualify for an all expense paid trip to the Nike Team National Championship meet December 1st in Portland, Oregon!

This is a team event and will have several classifications:

- *Small Schools*
- *Open Division (teams)*
- *Race of Champions*

Watch WWW.ALABAMARUNNERS.COM for more information.

Registration for the IronBowl Challenge Open Race for individuals is on WWW.TRAKSHAK.COM.

Hoover's XC Course at Veterans Park on Valleydale Rd.

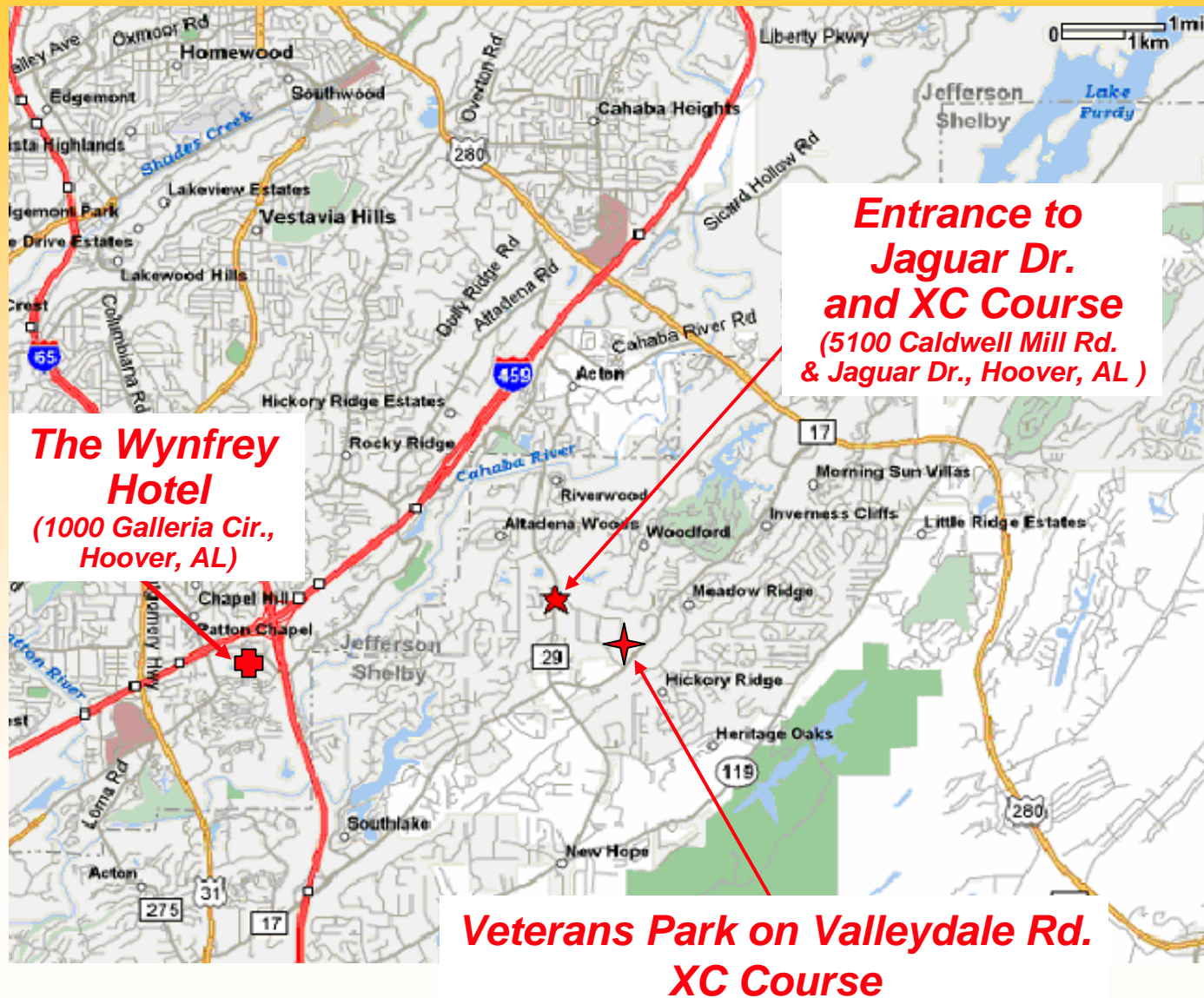
The 5K course at Veterans Park on Valleydale Rd. is deceptively tough. What seems like a relatively flat course has long gentle grades for much of the first 2400 meters. After exiting the tunnel the first time, the roller coaster ride begins.... What seemed like insignificant hills during the pre-race jog begin to take their toll on the unsuspecting racers through the woods. The packs of racers have spread way out by the time they head back through the tunnel for the final 400 meters of the “survival of the fittest” journey to the finish line. The picturesque and challenging course leaves the racer wanting to race this course again – but most certainly on another day!

The City of Hoover welcomes all comers year-round to see if they can meet the challenges of this permanent cross country facility. There's something for everyone here – picnic at one of the many pavilions, let the kids play on one of the playgrounds, play beach volleyball in the sand, fish, or just relax or by one of the lakes and watch others get their exercise on the XC trail.

Use your cursor to follow the course. Click the boxes to see photos.



Map to Course



Questions? Contact:

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SPONSORED BY: Nike, the City of Hoover, The Trak Shak, and Hoover & Spain Park High School Cross Country and Track Booster Clubs



Start with tent city behind the start area.



Choke Point into woods

Finish
Area

View from start to choke – 500M of open grass (runners go on both sides of the oak tree) then narrows to ~15 ft wide compacted crushed stone path all the way to the first turn (800M). Path narrows to no less than 10 ft the remainder of the course.

~100M into the race. View from Valleydale Rd. side of course.
Crowd lines course to the runners' left. Spain Park High School in distance.






~ 300M into race. View from Valleydale Rd. side of course. Finish straight away is along the orange fence. Finish line and chute is to runners' left.



~ 400M into race. View from lake side of course. Runners have just passed the finish area (to their left).

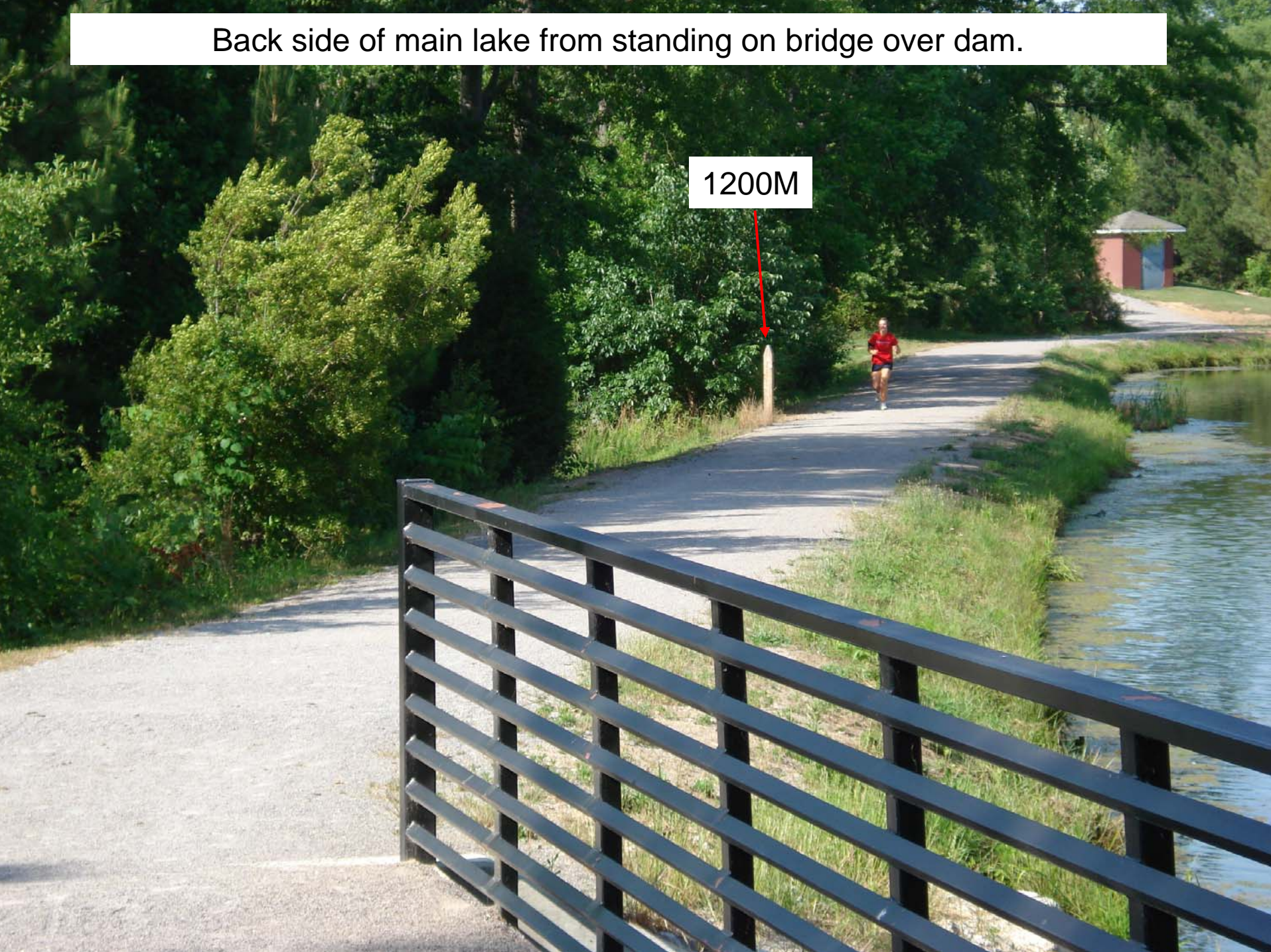


1200M (permanent markers every 200M)

Looking at 1200M from across lake at 1400M.

Back side of main lake from standing on bridge over dam.

1200M



Bridge over dam with short hill before curving back around lake.



Top of hill from bridge over dam.



Small downhill and left turn to go back around the open side of the lake.

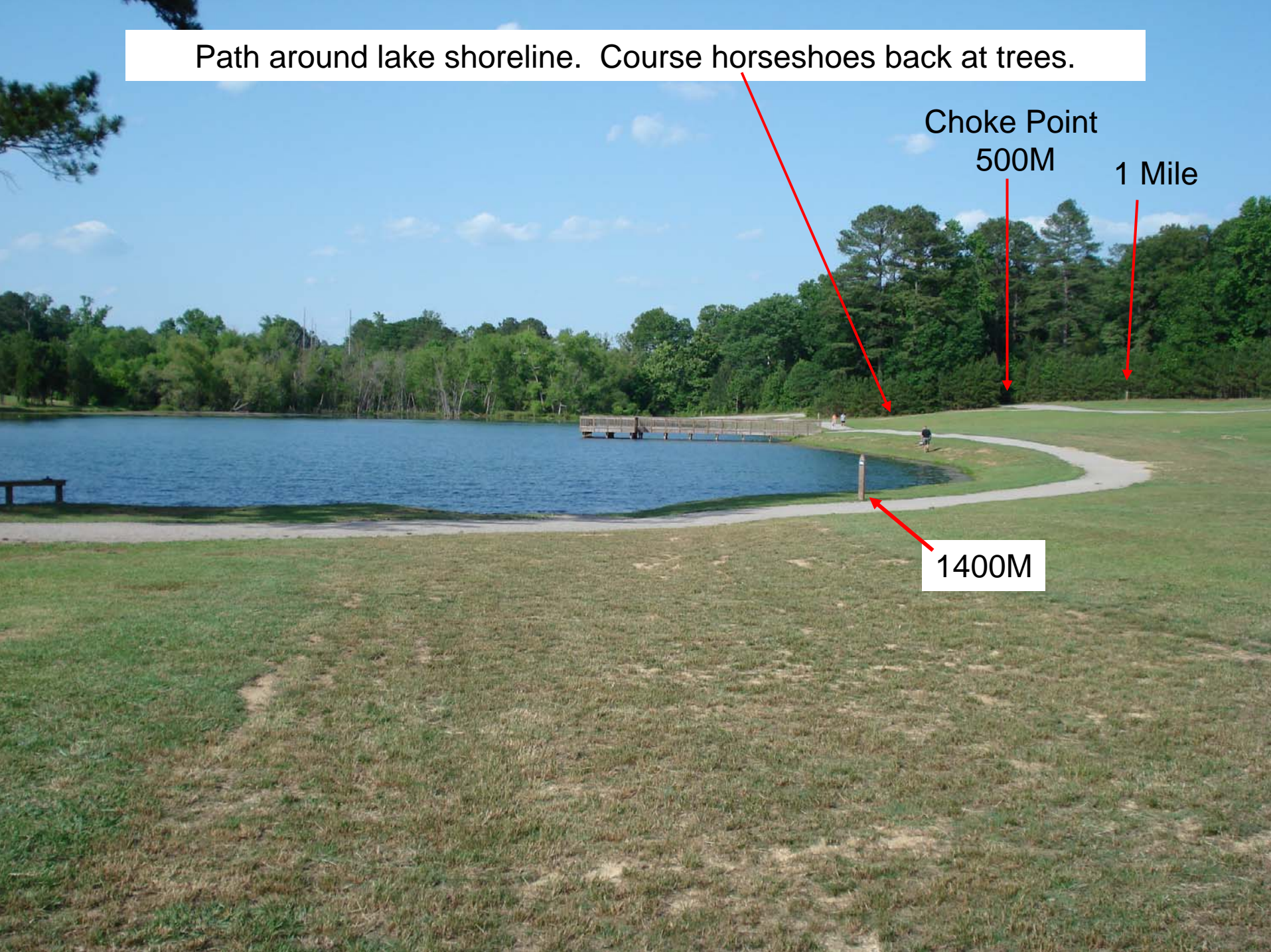


Path around lake shoreline. Course horseshoes back at trees.

Choke Point
500M

1 Mile

1400M





Road and
sidewalk crossing
on rubber mats.

(Second lake in
background.)



Tunnel under Jaguar Drive – this shot is going out to the woods at 2400M.
You'll return through the tunnel for the final 400M run through the crowd to
the finish.



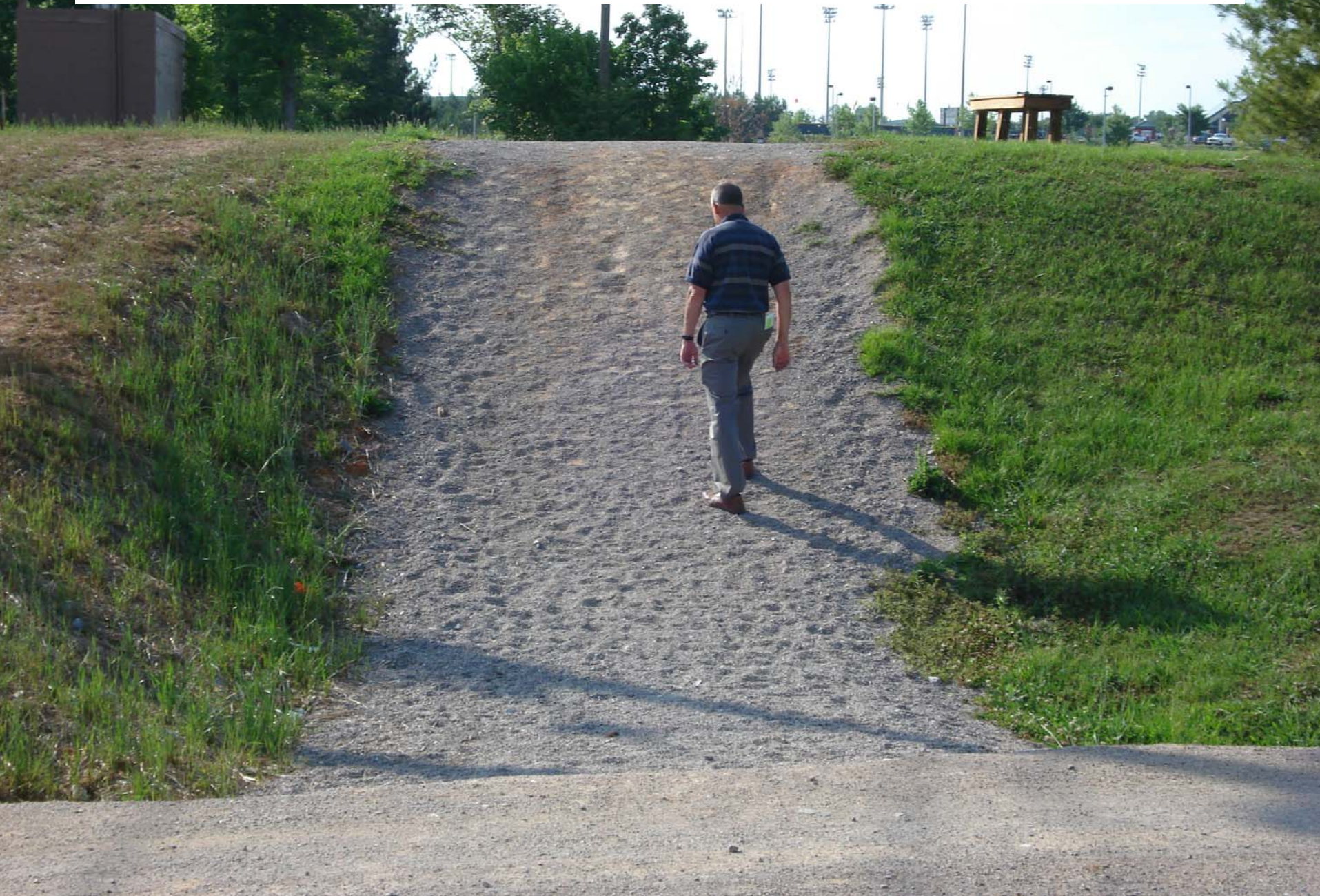
Between the tunnel and Greenhouse hill.



Greenhouse hill – sharp, steep, ~10M hill. (Note, construction in background has been completed.)



Greenhouse hill from road crossing (will be paved and covered with rubber mats). Course has short flat plateau, then drops down steep hill into woods.





The woods - up and down winding trails culminating in a steep hill before dropping out of the woods into a long sweeping downhill banked curve in front of the greenhouse.

Typical woods section – course is at least 10 ft wide throughout.
(Looking backwards at 4K marker.)

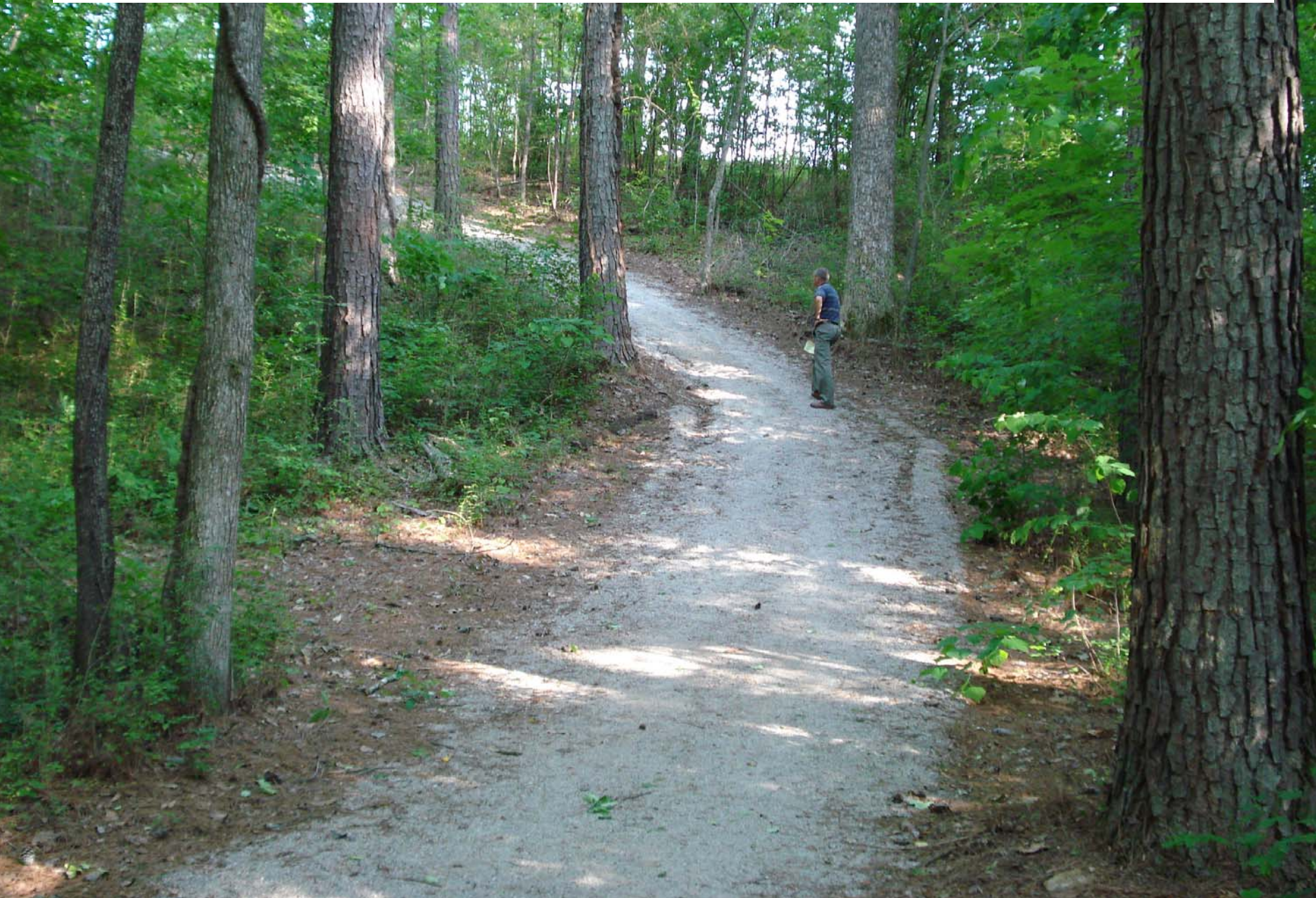
4K



Flat area in woods – much of the woods, however, is rolling hills.



Start of final steep uphill 4100M into course. 50M challenging climb before sweeping 120M downhill leaving the woods. (View from bottom.)



Top of steep uphill.



Final turn in front of greenhouse (4400M) before returning through tunnel.



Final 300M to finish. Crowd lines trail along runners' left and fencing borders course on runners' right. Tent city will be in grassy area on runners' right.
(Notice beautiful November foliage.)



Start Line

View along course at new Jefferson State Jr. College building across tunnel.

Tunnel

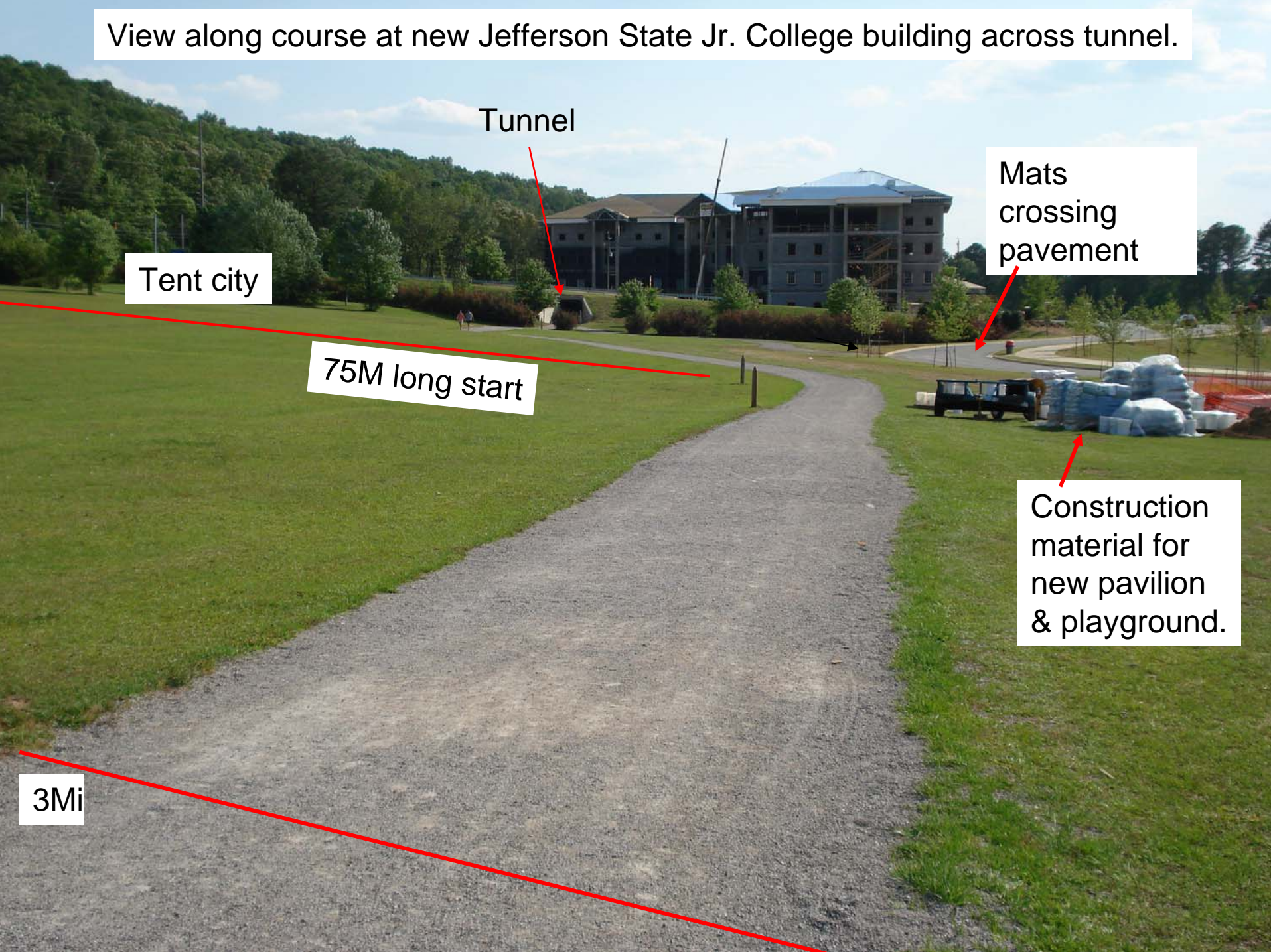
Tent city

75M long start

Mats
crossing
pavement

Construction
material for
new pavilion
& playground.

3Mi



Final Straightway to finish. Pavilion is behind crowd.

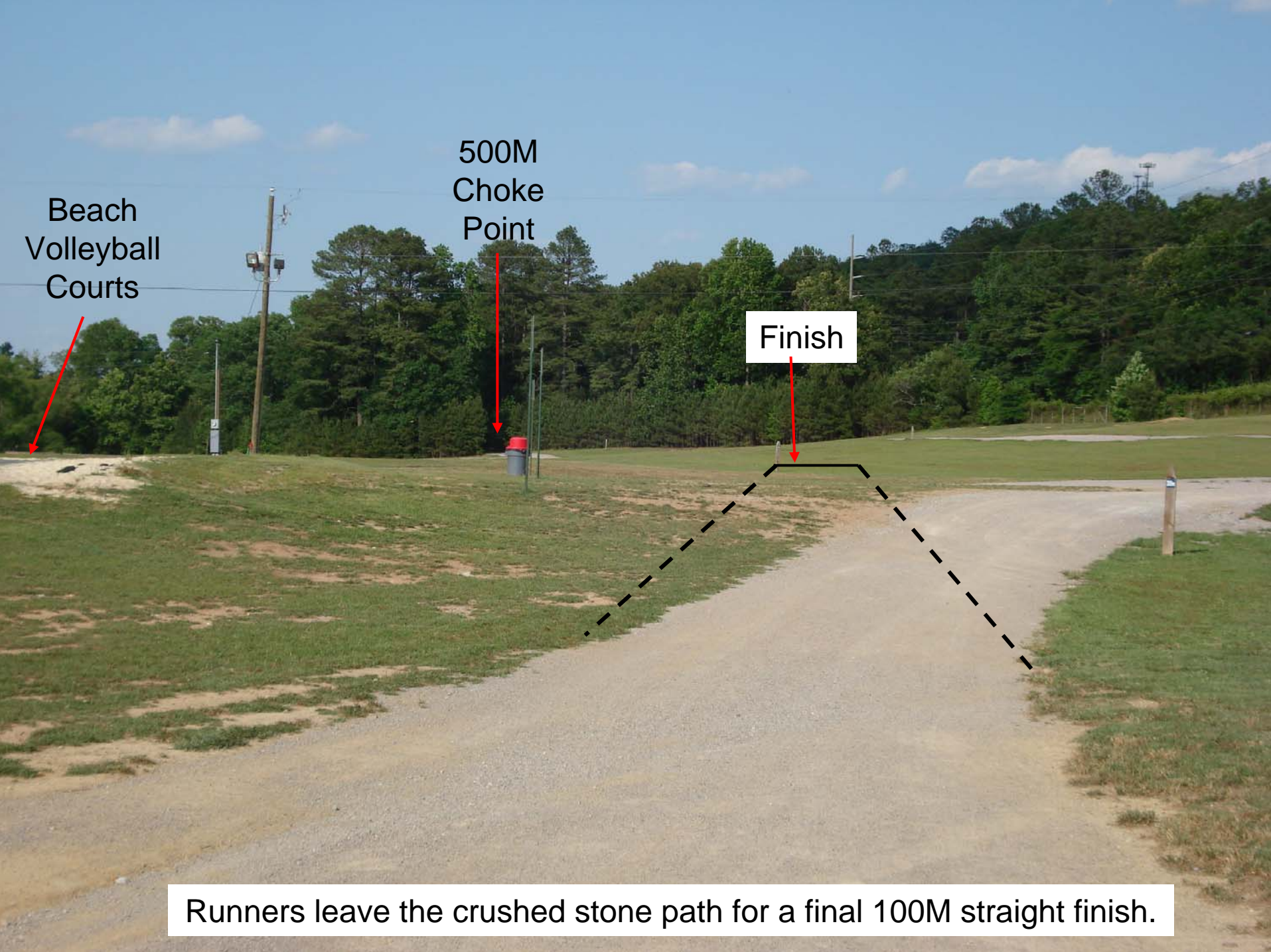


Beach
Volleyball
Courts

500M
Choke
Point

Finish

Runners leave the crushed stone path for a final 100M straight finish.





Inside finish chute. Finish is under steel structure below balloons.