

RIM ROCK FARM RULES LETTER

To: All Cross Country Coaches

From: Bob Timmons

Subject: Rim Rock Farm Cross Country Competition

Welcome to Rim Rock Farm and to the cross country competition your team will face on the hills and valleys of the University of Kansas's home course. The course has become one on which many high school athletes from Kansas and the surrounding states have enjoyed interesting challenges.

I appreciate the wonderful attitude displayed by most with respect to the covered bridges (one of which is not on our property) and for following the established running routes during the meets. I would appreciate it if you would help us by enlisting the cooperation of your athletes and fans by making them aware of the following requests.

1. When disembarking or embarking your bus, you must stay off the road at all times. We've promised the Jefferson County Commissioners that all teams will comply with their laws on this matter.
2. Please don't remove signs from the course. We feel these signs add to the interest, enjoyment, and uniqueness of Rim Rock Farm. Several have been taken in the past, and replacements are costly and difficult to acquire. Also, please treat the silhouettes of the KU legends with respect.
3. Swimming is not allowed nor are fires.
4. Please put trash in barrels. Please be most considerate of the parking areas!!
5. Practice on the course is:
 - a. Not allowed without permission except at designated times to preview course.
 - b. Possible if a consent form is filled out and signed by a parent of each participating athlete. Forms are available at the KU Track Office.
 - c. Not permitted if school coach is not present with the athletes.
 - d. Not permitted if weather conditions could cause injury to an athlete or damage to the course.
6. Please have your athletes remind fans to leave bicycles, football, frisbees, and dogs at home. They can cause difficulties for runners and spectators.
7. Please use the gates provided to pass from one area to the others. **DO NOT CLIMB FENCES.**

I thank you for making competition at Rim Rock so exciting and I wish each of your athletes the very best during the cross-country season. **In order to receive your team's entry packet, numbers, and starting position, please make these rules clear to your athletes and fans, sign this form and bring it with you to the entry table when you report to the course. Thanks for your help with these matters and GOOD LUCK!!**

I have shared these rules with my athletes, parents, and fans concerning events at Rim Rock Farm.

Coach's Signature School / /
Date