



running RANGERS

CROSS  COUNTRY 4 • 5 • 6

FOR ATHLETES IN 4, 5 AND 6TH GRADE

SEASON BEGINS: EARLY AUGUST

ENDS: FIRST WEEK IN OCTOBER

PRACTICES: 3 per week

Tuesdays 6:00-7:00 pm

Thursdays 6:00-7:00 pm

Saturdays 8:30-9:30 am

PRACTICES/MEET LOCATIONS:

Memorial Park, Stinchcomb Hill, Tyler Field, Cottonwood

A detailed practice/meet schedule will be sent via email prior to the first practice by the coaches. Hard copies will be available beginning at the first practice as well.

MEETS: Multiple meets against local schools and a few intra mural. All meets will take place during scheduled practices.

WHAT TO EXPECT: Practices to start and end on time!

To be able to run 1.5 miles by the end of the season. (*approx 15 min.*)

REGISTER TODAY: \$40 resident/\$50 non-resident

Lakewood Board of Recreation 216.529.4081 www.lakewoodrecreation.com or 1456 Warren Rd.

GOOD INFORMATION:

- Very rarely will a cross country practice be called due to weather. Really, the only time it will be canceled is if lighting is happening 20 minutes, at the practice sight, prior to the beginning of practice. Practice will not be canceled due to light rain or muddy conditions.
- Bring a water bottle, with your name marked on it.
- Mark your name on any clothing you are likely to remove.
- Wear socks (to avoid blisters) and comfortable tennis shoes. They do not have to be technically "running" shoes but you do want something with an arch and some cushion.
- Bug spray is a good idea!
- Parents are welcome to run with us!

QUESTIONS: Call a Coach

Tim Jarus 216.533.1982

Claire Rogers 216.338.5886

