

ROADRUNNER CROSS COUNTRY

Welcome to Roadrunner Cross Country!

Practice will commence June 28 at 6:30 p.m. at the Athletic Field on campus. The early evening will help us avoid the intense heat of the day. Practices will be held on campus for the first week and then move to other locations on a regular revolving schedule (see below). There is no practice on Friday's or Sundays. Saturday races are mandatory and may require a nominal fee.

June 28, 29, 30 & July 1 SECTA, Athletic Field 6:30 p.m.

Starting July 5, Practices will follow the schedule below:

Monday SECTA, Athletic Field 6:30 p.m.

Tuesday Silverado H.S. Track 6:30 p.m.

Wednesday Pecos Legacy Park 6:30 p.m.

Thursday Sunset Park, the Pond 6:30 p.m.

Friday Off

Saturday Races at various locals 6:15 a.m. (Note: Morning)

Directions and a schedule will be provided during the first week of practice for the remainder of the season.

IMPORTANT ITEMS

- **Pick up an Athletic Packet** (\$5.00) from the reception desk of the school in June if you have not done so already. The office will be closed in July and you must have a packet to practice.
- **Schedule an appointment** for your physical right away. Use the form in the packet. A doctor's signature will be required.
- **Wear comfortable clothes**, shorts, t-shirt and running shoes.
- Also **bring water** with you and hydrate throughout the day and evening! I can't emphasize this enough.
- **Post this information** so that it is available to you and your parents. The refrigerator is a perfect place. You are responsible for locating the races not your parents and you must notify them ahead of time when you need transportation. Parents hate surprises, especially early on Saturday morning!

*A good pair of running shoes is very important. Please go to either **The Village Runner** on Stephanie at American Pacific or the **Athlete's Foot** (2 locations, call and make an appointment with James), or the Red Rock Running Store near Summerlin. You don't need expensive shoes, but don't try to get the cheapest ones at Big 5 or some other large chain. Ask for a "good training shoe" not racing flats!

Parents and athletes may contact Coach K (Kyriacou) at 219-7950

Please be aware that I will be out of town from June 10 to 14 and I will be with my two gold medal winners at the National SkillsUSA vocational competition in Kansas City June 21-26. Additional detailed information will be provided as we progress through the season.

Get ready to get in the best shape of your life and become part of a premiere cross country program!