

August 14, 2015

TO: Cross Country Parents
FROM: Coach Ehlert, Coach Schmidt, Coach Gillespie
RE: Booster Fundraiser, Time Trial, Emergency Information, and Web Page

Booster Fundraiser

New for this year, the athletes will be participating in a fundraising effort with the Geneseo Cross Country and Track and Field booster club. The kids are encouraged to participate. The Geneseo Cross Country and Track Teams have a combined booster club. The kids received packets today. There are some great raffle prizes available at the Time Trial on Thursday August 20th. If you have questions please email us.

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The booster club does a great job of supporting the middle school programs. In the past few years, the club has purchased many items to help both cross-country and track and field. The club has supported the high school and middle school programs with charter buses to long meets, purchased high jump pits, and most recently purchased hurdles for the track.

Time Trial

On Thursday (August 20th) all cross country athletes, parents and family members are invited to Geneseo's Time Trial at Richmond Hill. Middle school athletes are asked to arrive by 5:15 pm for stretching and warm-up activities. Our athletes will race for an approximate one-mile run. A representative from a running shoe company (Running Wild) will be present to provide info and a discount on running shoes. Any participant is asked to bring 2 or 3 canned goods for our local food shelter and a used t-shirt to toss into the t-shirt pool (all runners will choose a t-shirt

from the pool at the end of the race). All boy athletes are asked to bring a six-pack of water or sports drink and all girl athletes are asked to bring a plate of 12 snacks (ex. cookies, brownies).

All middle school athletes are strongly encouraged to attend this kick-off event (there is no practice scheduled for Thursday, 8/20 after school). We will have a short parent meeting after the race. All parents are encouraged to attend also whether as a fan or a volunteer. Race events and activities should end around 7:30pm.

The booster club president will be at the race. Please stick around and listen to some opportunities to be involved.

Middle School Cross Country Website

We will be posting pictures and comments on the following website <http://gcsdblogs.org/ehlert/>. Check it out. If you are taking pictures during the year, please send them to the coaches at school. We will be making a highlight video again this year.