

August 15, 2014

TO: Cross Country Parents  
FROM: Coach Ehlert, Coach Schauland, Coach Schmidt  
RE: Friday Practice Times, Time Trial, Emergency Information, and Web Page

## **Friday Practice Times**

Practices on Friday will be done by 4:30. We are sorry for any confusion

## **Time Trial**

On Thursday (August 21st) 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, 8/21 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.

## **Emergency Information**

Please make sure you turn in the yellow emergency information sheet as soon as possible.

## **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 [tehlert@dist228.org](mailto:tehlert@dist228.org). or [jschauland@dist228.org](mailto:jschauland@dist228.org). We will be making a highlight video again this year.