

August 19, 2013

TO: Cross Country Parents  
FROM: Coach Ehlert, Coach Schauland  
RE: Time Trial, Emergency Information, Web Page, and Cross Country T-Shirts

## Time Trial

On Thursday (August 22nd) 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, 8/22 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 participant. 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.

## **Cross Country T-Shirts**

The athletes, parents, and community will have the opportunity to order and purchase t-shirts this week. Fill out the order form (coming soon) and return it with payment to the coaches by Tuesday August 27th. We will be placing the order with the hopes of having the shirts by the first meet.

Thanks

Coach Ehlert and Coach Schauland