

OEXC SUMMER GET-TOGETHER RUNS

*During the summer months, you can lay the foundation for fall cross country success by running. **We believe at East that running with your teammates is the most effective way to condition for a successful cross country season.** More than that, a summer of running sets you up for a year full of accomplishments in any sport where running is required. The summer running program allows you a chance to build a base of strength, and to protect yourself from injury when the faster paced fall training begins.*

*While not required to be a member of the East cross country team, you are **strongly encouraged** to join us for summer conditioning. We run each week at a different school in the Olathe District. We run early in the morning to avoid heat and air pollution, and also so you can have the rest of the day free for other activities*

Your summer running will be mostly at conversation pace, and your mileage will be based on your present experience. (In other words, younger and beginning runners will have less mileage and easier paces than veteran and experienced runners will).

On Thursday's we'll run to a neighborhood restaurant or team mate's home and have a short team breakfast!

Runs start a 6:30 am and usually end between 7:15 and 7:40 depending on your workout. Runs are held Monday through Thursday. East XC coaches will supervise all runs.

<u>Dates</u>	<u>School</u>	<u>Address</u>
June 16-June 19	Tomahawk Elem.	13820 Brougham Dr.
June 23-June 26	Walnut Grove Elem.	11800 Pflumm
June 30- July 3	Bentwood Elem.	13000 Bond, O.P.
July 7 – July 10	Indian Creek Elem.	15800 Indian Cr. Park
July 14-July 17	Heatherstone Elem.	13745 W. 123 rd St
July 21-July 24	Countryside Elem.	15800 W. 124 th Terr
July 28-July 31	California Trail Middle School	13775 W. 133 rd St.
Aug 4 to Aug 7	Pleasant Ridge Elem.	12235 Rosehill, O.P.
Aug 11-Aug 17	Continue running on your own	
Aug 18	REQUIRED PRACTICES BEGIN AT OEHS	

Morning runs are from 6:30 am to 7:30 am. Water is provided in coolers. In case of lightning and dangerous weather the runs are cancelled. Call Coach Bozarth at 913-620-1257 or check www.oexc.com after 6:00 am to find out if the runs are cancelled. We will also have website that will announce cancellations, the address will be sent to you by mail this summer. Schools cannot be accessed for restrooms or water.

May 9, 2014