



RANGER CROSS XC COUNTRY

BOYS & GIRLS GRADES 4•5•6



No
running
experience
needed!



For the
beginner
runner and
for those
who already
LOVE to run.

BEGINS: Sat. August 24 @
8:30-9:30 am Cottonwood Picnic Area
(see map on back)

PRACTICES:

Tuesdays 6:30-7:30 pm @
Memorial Park in Metroparks

Thursdays 6:30-7:30 pm @
Stinchcomb Memorial Park

Saturdays 8:30-9:30 am @
Cottonwood Picnic Area in Metroparks

**No practice Sat. August 31st.*

WHAT TO EXPECT:

Practices to start and end on time!

To be able to run 1.5 miles by the end
of the season. (approx 15 min.)

PARENTS: Are Welcome!
Come run with us! Why not?

COST: \$30 resident/\$40 non-resident

MEETS:

Tuesday, September 17th @
Lakewood Park, time TBD

Thursday, October 3th @
Lakewood Park, time TBD

Tuesday, October 15th @
Memorial Park, time TBD

Sunday, Oct 20th
Lakewood Legends Road Mile, time TBD
This race ends our season.

3 ways to register



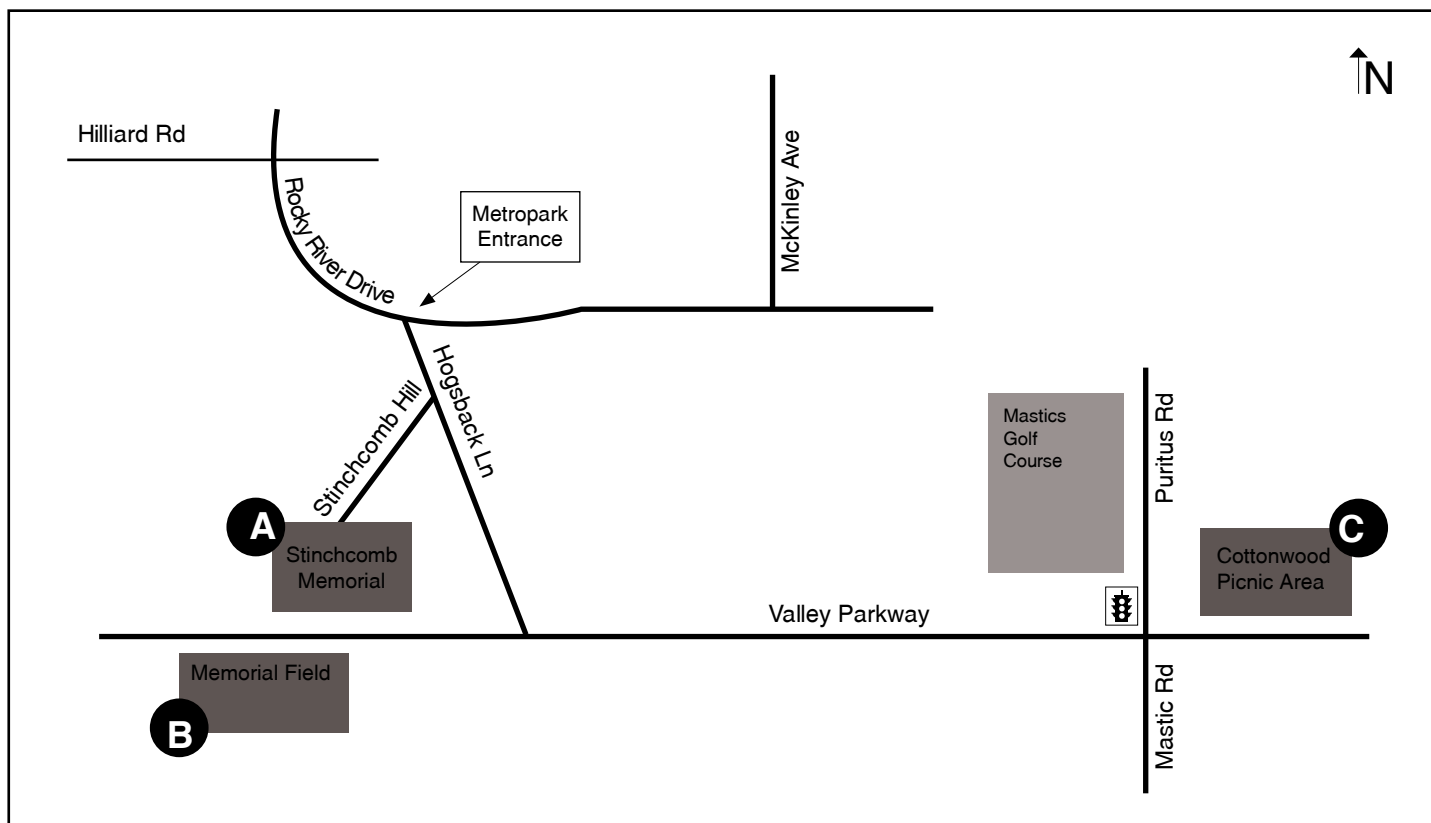
lakewoodrecreation.com



216.529.4081



1456 Warren Rd.
stop in



A TUESDAYS: 6:30-7:30 pm
Stinchcomb Memorial Park
 Enter Metroparks off Rocky River Drive between Hilliard and McKinley Ave. Half way down Hogsback Lane Hill veer Right onto Stinchcomb Hill. Stinchcomb Memorial Park is at the top of hill.

B THURSDAYS: 6:30-7:30 pm
Memorial Park
 Enter Metroparks off Rocky River Drive between Hilliard and McKinley Ave. Turn Right onto Valley Parkway at the bottom of Hogsback Lane. Memorial Park will be on your Left (*less than a quarter mile from Hogsback*) Meet at the flag pole.

C SATURDAYS: 8:30-9:30 am
Cottonwood Picnic Area
 Enter Metroparks off Rocky River Drive between Hilliard and McKinley Ave. Turn Left onto Valley Parkway at the bottom of Hogsback Lane. Cottonwood Picnic Area will be about 5 miles down on your Left. Turn into the Third Drive after the traffic light at Mastic/Puritus Rd. Meet at the pavilion.

GOOD INFORMATION:

- Practices will start and end on time!
- Very rarely will a cross country practice be called due to weather. Really, the only time it will be called is if lighting is happening 20 minutes, at the practice sight, prior to the beginning of practice. Practice will not be called due to light rain or muddy conditions.
- Bring a water bottle, with your name marked on it.
- Mark your name on any clothing you are likely to remove. (sweat shirts/jackets)
- Wear socks (to avoid blisters) and comfortable tennis shoes. They do not have to be technically “running” shoes but you do want something with an arch and some cushion. (chuck taylors are not a good option).
- Bug spray is a good idea!

QUESTIONS: Call a Coach
 Claire Rogers 216.338.5886
 Laura Germaine 216.978.2390

Be part of the inaugural Team!