

East Ridge Cross Country (from May 28th meeting)

May 2015

Hello Runners and Parents,

Here is some scheduling info for our team. We are looking forward to seeing everyone next month!

-Coaches: Chad Cronin, Lloyd Ness, Paula Gramer

PLEASE register your email to get on our list. There are lots of documents etc. on our website. Please check it out at <http://www.erhsactivities.com/page/show/1148761-cross-country>

On this website, we will have a calendar with special events, practices etc. once the season starts.

PRACTICES: for the first 2 weeks of the season (beginning Aug. 17th) are M-F 8:30-10am. Sat. 9-10

Beginning Aug. 31 Practices are in the afternoon every day beginning at 3:30 for 1 ½ hours on most days, 2 hours on some and ~1 hour on Saturdays from 9-10.

This is our event schedule.

Sunday 8/16 TEAM Fundraising St. Paul Triathlon!!! PLEASE be there at Lake Phalen Beach house at 6am.

Monday 8/17 **Practice begins! with *summer practices** at ERHS 8:30-10 am M-F and S at 9-10

Wednesday 8/26? "Annual Run under the Lights" event on the track.

Friday 9/4 St. Olaf Meet in Northfield (during the day)

Thursday 9/10 Hastings—St. Croix Bluffs

Saturday 9/26 Milaca Mega Meet

Friday 10/2 Red Wing

Thursday 10/8 Blaine (Majestic Oaks Golf Course)

Tuesday 10/20 Conference meet (Falcon Ridge Golf Course)

Thursday 10/29 Section 3AA Meet –new section, V only

Saturday 11/7 State Meet –Northfield

Please register *before* practice starts.

Questions-- Coach Cronin 768-3673 ccronin@sowashco.k12.mn.us (new contact info ccronin@sowascho.org and 425-3673 once summer begins. Email is best as I can forward info back to you)

