

CBC Cross Country

2018 Summer Training

Cross Country Summer Training will be on Mondays, Wednesdays, and Fridays on the following dates throughout the Summer. You are highly encouraged to come to as many as you can so you are ready for the season. We will be running and doing strength training.

Locations:

Mondays – Queeny Park in the upper parking lot. Enter from Weidman Road, take your first left, and it will take you to the upper parking lot.

Wednesdays – Meet at CBC on the track.

Fridays – Meet at Creve Coeur Park at the Tremayne Shelter at Sailboat Cove.

Dates:

June – 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29

July – 9, 11, 13, 16, 18, 20, 23, 25

Times:

We will start each day at 7 am and end at 9 am.

Cost:

\$30 make checks payable to Ed Hamer

Summer miles lead to Fall smiles.

Yes I plan on coming on the following dates

Please circle the dates you plan on coming and turn in to Mr. Hamer:

June – 4, 6, 8, 11, 13, 15, 18, 20, 22, 25, 27, 29

July – 9, 11, 13, 16, 18, 20, 23, 25

Name: _____