

Summer runs (these are not scheduled practices). It is essential you make a commitment to attend all or some of these sessions. All supervised runs are open to any member of your family. If you don't run, you are welcome to ride a bike, walk, push a stroller, walk the dog, etc. Please come out and get to know our Cross Country Family.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Wildwood - North 6:30 pm 3/6/9mi. Loops	Landis Field 5:00 pm Form Running	Old Giant 6:00 pm (not 6/22;7/13;8/6) Mountain Run	Colebrook 6:00 pm Leave from <i>The Inside</i> Track at 5:15 pm	Landis Field 8:30 am Circuits	TBD 9:00 am Fun Runs

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