

Oakwood Cross Country Summer Fun Run

Success in the sport of Cross Country is achieved during the summer. This summer we will be meeting twice a week, Tuesdays and Thursdays, starting June 1st. These runs **are not mandatory** but it would be great if you could come. These runs will be fun and give you an opportunity to meet your coaches and fellow teammates. The distances for these runs will be based on ability groups. Each of these runs will start at 9:00 A.M. and they will last one hour. The summer runs will be at **Veterans Park**, across from GlenOak High School. We will meet in the Pavillon. Be on time, bring water, and be picked up at 10.

July 9th Meet at Diamond Park 9:00 A.M.

July 30th Meet at Starbucks parking lot and eat at Wendy's when we are done running. 10:30-12:00

We will be getting together on **July 4th** for the North Canton 4th of July race. Check it out at their website or call the North Canton YMCA for more details. It is up to you if you want to run the 2 mile or the 5 mile.

This is not mandatory!!!!!! We will meet on the steps in front of the YMCA at 7:40.

1st Official Practice is August 3rd 9:00-10:30 am at Oakwood carport.
You must have a physical on file with the school or us before you can practice on August 1st!!!

Final Forms must also be completed by August 3rd in order to participate!!



All communication will be done through Parent Square
Any questions you can reach us at braunr@plainlocal.org