



## Platte River Academy Landsharks Running Club Cross Country Series

We offer a non-competitive youth program to introduce running to young athletes in a safe and fun environment. The focus is on self-improvement, being an encouraging teammate, and making new friends. The Fall Cross Country season is a fun running program led by **Heather Angell** and is open to students in kindergarten through 6th grade. Please remember to purchase a team t-shirt if this is your first season running or a different size is needed.

**PRACTICES** are on **Tuesdays and Thursdays** from **3:30-4:15 pm** beginning on **Tuesday, September 3rd**. We meet at the picnic table in front of school.  
A parent meeting will be at 4:15pm on September 3<sup>rd</sup>.

Practices consist of running games and workouts with a strong focus on fun.

Meets will be at **Mountain Ridge Middle School** on the following **Sunday** afternoons:  
September 22<sup>nd</sup>, September 29<sup>th</sup> and October 6<sup>th</sup>

**No Tuesday Practices after Meets #1 and #2**  
**Celebration Practice on Tuesday, October 8<sup>th</sup>**

Runners run one of the following distances:

Kindergarten & 1<sup>st</sup> Grade: 1/2 mile

2<sup>nd</sup>-6<sup>th</sup> Grade: 1 mile OR 1.5 mile

### Registration is NOW OPEN!!!

\*Registration closes September 11<sup>th</sup> at 5:00 p.m. or when capacity is reached\*

Runners **MUST** be registered prior to their first practice.

Please register online at [www.Landsharksrunningclub.com](http://www.Landsharksrunningclub.com)

\$75 registration fee until September 1st then a \$15 additional fee applies

I look forward to working with your athletes!

Please consider volunteering to help coach or work at our race site.

If you have any questions or would like to volunteer, please contact,

**Coach: Heather Angell    Email: Heather.Angell0215@gmail.com**

**Remember...Finishing is Winning and GO LANDSHARKS!!!**