

Remington

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 Cross Country Series is a six-week school program led by Scott Whitson and Gina Sheets and is open to students in kindergarten through 6th grade.  The cost of the program is $59 per runner plus a $14 t-shirt (if your runner doesn’t already have one).

Practices are scheduled on Wednesdays and Fridays and are held from 7:05am to 7:40am.  Practices consist of running games and track workouts with a strong focus on fun.

Races are held at 6:00pm Mondays starting September 18th, in the evenings at Church For All Nations. Runners will participate in one race per evening and the order of events is as follows:

* Race Night #1 September 18th– Kindergarten – 1st 1/2 mile, 2nd – 6th 1 mile, and 2nd – 6th 1.5 miles.
* Race Night #2 September 25th– Kindergarten-1st 1/2 mile, 2nd – 6th 1 mile, and 2nd – 6th 1.5 miles.
* Race Night #3 October 2nd- 2nd – 6th 1.5 miles, Kindergarten-1st 1/2 mile, and 2nd – 6th 1 mile.

At the races, runners receive a race tag with their number, ribbons, a series medal at the final race, and refreshments.  Race results are posted on our website within 24 hours of completion.

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

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

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 call.

Coach Scott Whitson Phone# 495-5255 Email: [swhitson@d49.org](mailto:swhitson@d49.org)

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| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | | **Thursday** | | **Friday** | | **Saturday** | |
| **Aug** | **28** | **29** | **First Practice August 30** | | **31** | | **Sept. 1** | | **2** | |
|  |  |  | **7:05-7:40am** | |  | | **Practice**  **7:05-7:40am** | |  | |
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| **3** | **4** | **5** | **6** | | **7** | | **8** | | **9** | |
|  | **No School** |  | **Practice** | |  | | **Practice** | |  | |
|  |  |  | **7:05-7:40am** | |  | | **7:05-7:40am** | |  | |
| **10** | **11** | **12** | **13** | | **14** | | **15** | | **16** | |
|  |  |  | **Practice** | |  | | **Practice 7:05-7:40am** | |  | |
|  |  |  | **7:05-7:40 am** | |  | |  | |  | |
| **17** | **18** | **19** | **20** | | **21** | | **22** | | **23** | |
|  | **Race #1**  **Check in 5:40** |  | **Practice** | |  | | **Practice 7:05-7:40am** | |  | |
|  |  |  | **7:05-7:40am** | |  | |  | |  | |
| **24** | **25** | **26** | **27** | | **28** | | **29** | | **30** | |
|  | **Race #2**  **Check in 5:40** |  | **Practice** | |  | | **Practice** | |  | |
|  |  |  | **7:05-7:40am** | |  | | **7:05-7:40am** | |  | |
| **October 1** | **2** | **3** | **4** | |  | |
|  | **Race #3** |  |  | |  | |  | | | |
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**Fall Landsharks Running Club Schedule**

**Race day Instructions**

1. **Race Uniform**: Landsharks t-shirt, shorts, white socks, water bottle, sweat pants, and sweatshirt or jacket.

2. **Runner’s Number Tags**: Upon arrival at the race, please look for the designated coach/parent from our school that is handing out the tags. Please pin the tags on the front of your child’s t-shirt.

3. **Warm-up**: Have your runner meet the other runners from our school (all in the same color t-shirt) at a designated area to stretch and warm-up.

4. **Staging for Races**: After warm-up, please have your child stay with the coaches and they will make sure they get into the proper race. Each race has a first and final call for runners to meet at the staging area. The runners will receive race instructions in the staging area and will be escorted to the start line. After crossing the finish line, the runners will go thru the finish chute and then get their race ribbon/medal, drinks, and cookies. The runners will meet their parents following their race.

5. **All parents need to please stay behind all flags and off the race course unless you are a coach or volunteer for the race.**

6. Have fun and cheer for all the runners!

K-1st ½ mile 2-6th grade 1 mile **or** 2-6th grade 1&1/2 mile choose 1 race

**Word:Documents/Landsharks/Landsharks/Landsharks Instructions**