

SUMMER CROSS COUNTRY RUN TRAINING



WHO: Any incoming Freshmen/9th grade or current FCHS students interested in training for the Fall Cross Country Season.

When and where: Monday's 6:45am at Edora Park, Wednesday's 6:45am at Pineridge, and Thursday's 6:45am at Nature Center.

Starts: June 3rd through July. Official Fall Season begins Early August.

Training: Summer 2021, Run training is for all abilities and running levels from beginner to Varsity.

Contact: Coach Tom Ruthven, Head Coed Cross Country, email: truthven@psdschools.org, phone: 970-732-0747 Send an email and get added to the email contact list.

No Cost: The Summer Training is completely optional and does not have a fee.

Notes: Monday's at Edora Park, meets at the flat grass area on the West side of the baseball fields. Wednesday's are Spring Canyon park, meet by the Dog park, run on the Pineridge trails. Thursday's are typically at the Nature Center off of Ziegler near the water treatment plant. Location may vary depending on training needs.