

MORTON JUNIOR HIGH CROSS COUNTRY



SUMMER RUNNING

If you are interested in running cross country in the fall at M.J.H.S., join us for some “open running” opportunities in July.

These opportunities will help you get a head start on your training and will help you prepare for our fall season.

DATES

TUESDAY, JULY 7TH 6:00-7:00 P.M.

THURSDAY, JULY 9TH 6:00-7:00 P.M.

TUESDAY, JULY 14TH 6:00-7:00 P.M.

THURSDAY, JULY 16TH 6:00-7:00 P.M.

TUESDAY, JULY 21ST 6:00-7:00 P.M.

THURSDAY, JULY 23RD 6:00-7:00 P.M.

SUMMER RUNNING WILL BE HELD AT:

**KENNEL LAKE SPORTSMEN'S CLUB
22172 KENNEL LAKE DR.**

QUESTIONS?

PLEASE CONTACT:

KRISTEN NORDVALL (HEAD COACH)
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SHEILA GRABER (ASSISTANT COACH)
SHEILA.GRABER@MCUSD709.ORG

DON'T FORGET TO BRING YOUR WATER BOTTLE!