

Summer Mileage Madness

Hello running enthusiast! We are hosting an optional, mileage club this summer for Manhattan Junior High Students prior to the official start of the cross-country season.

When: We meet on **Dates Listed Below at 9:00 a.m.**

Where: *We will meet in front of Manhattan Junior High – or at Round Barn Farm – location will be **announced one day BEFORE a scheduled meeting** via Remind and on the website.* The intent of this camp is to provide potential cross-country runners with essential base mileage *before* the season begins and focus on teambuilding. The camp is free of charge and lasts about 60 minutes per session. Many sessions may run off-campus.

Equipment Needed: Shoes for running, water/Gatorade, weather-appropriate running apparel, and a positive attitude.

Tentative Mileage Madness Dates (Subject to change due to weather, building maintenance, etc.):

June: 12, 13, 26, and 27

July: 11, 12, 17, and 19

Please contact Coach Pacheco or Coach Settanni if you have any questions!

Participants must have a current sports physical on file.

Return this part to the main office ASAP or to one of the coaches at the first session:

rpacheco@manhattan114.org

bthorp@manhattan114.org

Name: _____

Grade: _____ Phone: _____