

## Cross Country 2017

Welcome to the 2017 Keystone Cross Country season! Attached is a copy of the summer fun run schedule and other important information.

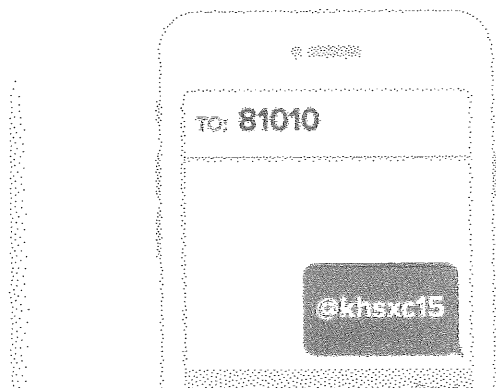
\*School physicals are being held on June 1. Sign up for that now! If you do not have it done at the school, schedule it soon! It MUST be completed to participate in regular season cross country activities.

\*We will be meeting for fun runs (open gym for running) on Mondays, Wednesdays, and Thursdays throughout the summer. See the attached calendar for dates/times.

\*I use Remind to communicate regularly. Parents and athletes should BOTH enroll. If you are not yet enrolled in the class for Cross Country, follow the directions below:

### For Texts:

Tell people to text @khsxc15 to the number 81010  
They'll receive a welcome text from Remind.  
If anyone has trouble with 81010, they can try texting @khsxc15 to (412)  
535-5225.



### For Emails:

Type  
[khsxc15@mail.remind.com](mailto:khsxc15@mail.remind.com)  
in the To: or address bar.  
No subject is needed.

Once you enroll, you will automatically receive all messages.

\*Running shoes are essential, but you need to provide those. Running shoes are not just any pair of tennis shoes you buy at a store. Running shoes are specially designed to support your feet while running. Without the proper type of shoes, you are likely to suffer from injury. If you need help figuring out what kind of shoes to get or with getting shoes, see Coach.

\*Uniforms will be issued the second week of mandatory practice. At that time, you will also need to have black compression gear and black under garments. These are NOT provided by the school, but are REQUIRED parts of your uniform.

\* There will be a booster meeting in July and a mandatory parent meeting in August. Stay tuned to remind for that information.

\*Our fall 2017 schedule is below.

September 2	Keystone Invitational	TBA
September 6	BYE (Practice will be held in lieu of meet)	
September 12	@ KARN'S CITY	TBA
September 19	MONITEAU	TBA
September 21	NORTH CLARION	TBA
September 26	CLARION/CL	TBA
October 3	@ ACV/UNION	TBA
October 10	@ CRANBERRY	TBA
October 14	Rocky Grove Invitational	TBA
October 19	KSAC Championship @ KEYSTONE	TBA
October 28	DISTRICTS	TBA

As always, if you have any questions or concerns, please contact Coach. We are looking forward to another successful year of KEYSTONE CROSS COUNTRY!

**Cross Country**

**Jun 2017 (Eastern Time)**

**Fun Runs - Week Off**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9	10
11	12	13	14	15	16	17
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		
18	19	20	21	22	23	24
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		
25	26	27	28	29	30	1
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		

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**Jul 2017 (Eastern Time)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
25	26	27	28	29	30	1
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		
2	3	4	5	6	7	8
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		
9	10	11	12	13	14	15
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		
16	17	18	19	20	21	22
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		
23	24	25	26	27	28	29
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		
30	31	1	2	3	4	5
	4pm - Fitness 5pm - Open Run		8:30am - Location	4pm - Open Run @ 5pm - Fitness		9am - Course work

**Cross Country**

**Aug 2017 (Eastern Time)**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
30	31 4 pm - Fitness 5 pm - Open Run	1	2 8:30am - Location	3 4 pm - Open Run @ 5 pm - Fitness	4	5 9 am - Course work
6	7 4 pm - Fitness 5 pm - Open Run	8	9 8:30am - Location	10 4 pm - Open Run @ 5 pm - Fitness	11	12 9 am - Course work
13	14 <b>MANDATORY DAILY</b>	15	16	17	18	19 9 am - Course work
20	21	22	23	24	25	26 9 am - Course work
27	28	29	30	31	1	2