

## Enjoy the outdoors - Cross Country Running

The Cross Country Season starts very quickly once we begin school in September. The training period is short so if you are serious about doing well at zones (grade 9-12) or provincials (grade 10-12) you will need to do some running over the summer. Any running at all will help give you a base level fitness and then we can work on speed and endurance in the fall.

Here are some tentative dates to pencil in on your calendar:

Chinook's Edge Cross Country Run - September 23, 2010

Chinook's Edge Cross Country Counties - September 28, 2010

South Central Zones - October 6, 2010

Provincials - October 16, 2010, Vermilion, Alberta

If you have any questions contact Mr. M. Leggette at the school or [mleggette@gmail.com](mailto:mleggette@gmail.com)

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