

# 2010 Monroe Milers Cross Country

## K-6 & Middle School Cross-Country

-Practices will be held every Monday, Tuesday & Thursday at Munson Park from 7-8:00 PM beginning Tues, August 17<sup>th</sup>.

-We will meet next to the hill by the softball fields on Mon & Tues. On Thursday, we will meet back at the end of parking lot near woods for trail runs. Starting October 1<sup>st</sup>, Practices will begin at 6:30 and will end at 7:30 because it starts getting to dark after 7:30 PM.

-Cross Country meets will be held on Saturdays unless otherwise noted. Races are usually 1-1.3 miles for K-6, 2 miles for Middle school & 3.1 miles for High School. More details to follow. There may be races for 9<sup>th</sup> thru 12<sup>th</sup> grades. These races are very competitive and will require more training than that listed for the youth program. Please contact Coach Heath LaPrad if interested.

-Membership application and waiver in Monroe Milers Running Club is required. **\$20** for each runner ages 5-18.

-This fee will go toward the entry fees for all race participants into the six cross country meets held on Saturday's. Make all checks payable to Monroe Milers. Forms can be mailed in before Aug 18th or bring them to the first day of practice.

\*\*\*\* Deadline for K-6 Participation is Sept 9<sup>th</sup> and Sept 15<sup>th</sup> for Middles School participation. No applications will be accepted after these dates until next season.

\*\*\*\* Runner participation must be a minimum age of 5 this year. Runners between the ages of 5-6 years old must be monitored by parent during all practices.

-Each runner will receive a T-shirt when applications & waivers are turned in. Extra T-Shirts for adults and youth will be available at \$10 each.

-Follow schedule at own pace. K-6 runners are not required to be at all practices, but please attend at least 1-2 scheduled practices per week. Middle School runners must attend 2-3 practices per week. Runners must practice to be able to run in the meets. There are many opportunities for races. Attend as many as you wish. Parents will be responsible for bringing their Runners to the Meets.

-If a runner does not plan to run in the Saturday races, please inform coaches ahead of time before rosters are turned in.

-To join please contact Coach Heath or Coach Johna LaPrad 734-241-0508 or E-mail: [monroemilers@hotmail.com](mailto:monroemilers@hotmail.com).

### **What the kids need for practice:**

-Water bottle, Mosquito repellent

-Running shoes and attire (shorts & t-shirt). Prepare for the weather.

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## Practice & Meet Schedule

Mon	Tue	Wed	Thur	Sat, Race Day
	Aug 17 <sup>th</sup> : Stretch, Strides, Nice run around park 1-2 m.	Easy Run at home on your own.	Aug 19 <sup>th</sup> : Trail Run 1-2 Miles, Moderate pace	<b>Energy Run, Aug 21st</b> Monroe Co. Comm. Coll.
Aug 23 <sup>rd</sup> : Stretch, Strides, Hills /intervals Cool down	Aug 24 <sup>th</sup> : Stretch, Strides, Nice run around park 1-2 m.	Easy Run at home on your own.	Aug 26 <sup>th</sup> : Trail Run 1-2 Miles, Moderate pace	
Aug 30 <sup>th</sup> : Stretch, Strides, Nice run around park 2-4 m.	Aug 31 <sup>st</sup> : Stretch, strides, hills/intervals strides	Easy Run at home on your own.	Sept 2 <sup>nd</sup> : Trail Run 2-4 Miles, Moderate Pace	Sept 4 <sup>th</sup> : Easy Run at home on your own.
Sept 6 <sup>th</sup> : <u>No Practice</u> , Nice easy run at home	Sept 7 <sup>th</sup> : Stretch, strides, hills/intervals strides	Easy Run at home on your own.	Sept 9 <sup>th</sup> : Trail Run <b>Time Trials</b> , Race pace. <u>K-6 Deadline to join</u>	Sept 11 <sup>th</sup> : Easy Run at home on your own.
Sept 13 <sup>th</sup> : Stretch, Nice run around park, varies 2-4 m.	Sept 14 <sup>th</sup> : Stretch, strides, hills/intervals strides	Sept 15 <sup>th</sup> : Easy Run at home on your own. <u>Middle School Deadline to Join</u>	Sept 17 <sup>th</sup> : Trail Run 2-4 Miles, Moderate Pace	Sept 18 <sup>th</sup> :** <b>New Boston Invite</b> Willow Metro Park
Sept 20 <sup>th</sup> : Stretch, Nice run around park, varies 2-4 m.	Sept 21 <sup>st</sup> : Stretch, strides, hills/intervals strides	Easy Run at home on your own.	Sept 23 <sup>rd</sup> : <b>Jamboree I</b> /Tentative Jefferson 3:45 PM	Sept 25 <sup>th</sup> : <b>Jefferson Invite</b> Sterling State Park
Sept 27 <sup>th</sup> : Stretch, Nice run around park, varies 2-4 m.	Sept 28 <sup>th</sup> : Stretch, strides, hills/intervals strides	Easy Run at home on your own.	Sept 30 <sup>th</sup> : Trail Run 2-4 Miles, Moderate pace	Oct 2 <sup>nd</sup> :** <b>Carlson Invitational</b> Lake Erie Metro Park
Oct 4 <sup>th</sup> : Stretch, Nice run around park, varies 2-4 m.	Oct 5 <sup>th</sup> : Stretch, strides, hills/ intervals, strides	Easy Run at home on your own.	Oct 7 <sup>th</sup> : Trail Run 2-4 Miles, Moderate pace	Oct 9 <sup>th</sup> : <b>SMCC Invitational</b> Monroe Co. Comm. Coll. Or <b>Portage</b>
Oct 11 <sup>th</sup> : Stretch, Tempo run around park, varies 2-4 m.	Oct 12 <sup>th</sup> : Stretch, Nice run around park, varies 2-4 m.	Easy Run at home on your own.	Oct 14 <sup>th</sup> : Trail Run 2-4 Miles, Moderate pace	Oct 16 <sup>th</sup> : <b>Dave Bork Classic</b> , Munson Park, 11:30 am
Oct 18 <sup>th</sup> : Stretch, Tempo run around park, varies 2-4 m.	Oct 19 <sup>th</sup> : Stretch, Nice run around park, varies 2-4 m.	Oct 20 <sup>th</sup> : <b>Trinity Lutheran meet</b> / Tentative Munson Park, 3:30 PM	Oct 21 <sup>st</sup> : Trail Run 2-4 Miles, Moderate pace	Oct 23 <sup>rd</sup> : <b>Airport Invite</b> Airport High, Carleton