

EVERETT HIGH SCHOOL CROSS COUNTRY 2018

GET UPDATES/REMINDERS! JOIN THE REMIND LIST: **TEXT @ehsxc2018 to 81010**

All of these runs are subject to change so JOIN THE REMIND LIST ☞☞☞ to get last minute updates as well important information closer to the start of the season in August. ~Coach Zupke

Monday	Tuesday	Wednesday	Thursday	Friday
6/18 7 pm run, Japanese Gulch, Coach AJ	6/19	6/20 8 am run, EHS, Coach Zupke 9 am weights and yoga, EHS, Coach Zupke	6/21 3 pm run, Forest Park, Coach Mike	6/22
6/25	6/26 8 am run, EHS, Coach Zupke 9 am weights and yoga, EHS, Coach Zupke	6/27	6/28 3 pm run, Forest Park, Coach Mike	6/29
7/2 7 pm run, Japanese Gulch, Coach AJ	7/3 8 am run, EHS, Coach Zupke 9 am weights and yoga, EHS, Coach Zupke	7/4 Anybody doing Yankee Doodle Dash?!?!?	7/5 3 pm run, Forest Park, Coach Mike	7/6
7/9 7 pm run, Japanese Gulch, Coach AJ	7/10 8 am run, EHS, Coach Zupke	7/11	7/12 3 pm run, Forest Park, Coach Mike	7/13
7/16 7 pm run, Japanese Gulch, Coach AJ	7/17 8 am run, EHS, Coach Zupke 9 am weights and yoga, EHS, Coach Zupke	7/18	7/19 3 pm run, Forest Park, Coach Mike	7/20
7/23 7 pm run, Japanese Gulch, Coach AJ	7/24 8 am run, EHS, Coach Zupke 9 am weights and yoga, EHS, Coach Zupke	7/25 8 am run, EHS, Coach Zupke 9 am weights, EHS, Coach Zupke	7/26 3 pm run, Forest Park, Coach Mike	7/27
7/30 7 pm run, Japanese Gulch, Coach AJ	7/31 Day hike/trail run, meet at EHS at 8 am, carpool to trailhead (trail off the Mountain Loop Highway)			

I am giving you this calendar to help you keep track of your summer running. Write in your own Saturday/Sunday column(s) and record your mileage! T-shirts will be given out during the first two weeks of practice for people who ran 100+, 200+, or even 300+ miles over the 10 weeks from now until practice starts. ~ Coach Zupke P.S. Have I told you to join the Remind list yet?