



August 1, 2018

Hello Runners and Parents/guardians,

It's almost time to welcome in a new school year and the start of our cross country season! If you haven't been running, this would be a great time to stretch your legs with some nice easy runs so that you are ready for our first day of practice. Mark your calendars for 9:00 a.m. on Thursday, August 16<sup>th</sup>. We will meet in the commons at MHLT (Minocqua J1) and take care of paper work and rules at that time. Remember, that in order to participate, you must have your physical completed and your parent permission to participate card, signed. If you cannot make the first practice, but plan to be on the team, please let us know by email or phone message: [htaube@mhl.org](mailto:htaube@mhl.org) or 715 356-5206, ext. 2179.

If you have received this letter but do not plan to join the team, an email or a phone message would also be appreciated.

Enclosed you will find the cross country meet schedule, and a practice schedule for the first 3 weeks. Days and times vary from week to week. However, once school starts we will be on a regular schedule of Mon, Tu., Thurs., and Fri.(except for the first week of school) Practices will run from 3:20 – 5:00, except on meet nights. Notice that our first meet is before the start of school. If it is possible for you, please attend the practices prior to the start of school. Talk with a coach if you will miss any of those practices. Also note that we have a home meet during the second week of school! This will be our second home meet ever!

Looking forward to seeing you soon,

Yours in Running,

Coach Hunter and Coach Taube

“In it for the Long Run!”