

Sunrise Mountain

Boys & Girls Cross Country

2015 Summer Schedule

The following is the summer running schedule that those wishing to be a part of the 2015 cross country team should follow. Even if you cannot meet with the rest of the team – you might be out of town on vacation, for example – you should still try to follow our schedule as closely as you can. The miles you put in during the summer are the miles that will allow you to be your strongest during the season. When school starts in August, hopefully you have logged between 300-500 miles on your summer runs. The easiest way to do this is come and run with the others that will be meeting. Make sure you have a good pair of shoes and plenty of water, and remember, we run early to avoid the heat of the day. You can go back home and go to bed after our run if you're not a morning person!☺

*You must have a physical to be cleared for summer running. Let me know if you have questions.

Week of 6/15:	(meet at 6 ^{am})				
<u>Mon</u> -SM	<u>Wed</u> -TB	<u>Sat</u> -SM			
Week of 6/22:	(meet at 6 ^{am})				
<u>Mon</u> -TB	<u>Tues</u> -TB	<u>Thurs</u> -TB	<u>Sat</u> -SM		
Week of 6/29:	(meet at 6 ^{am})				
<u>Mon</u> -TB	<u>Tues</u> -SM	<u>Thurs</u> -TB	<u>Fri</u> -RV	<u>Sat</u> -SM	
Week of 7/6:	(meet at 6 ^{am})				
<u>Mon</u> -TB	<u>Tues</u> -SM	<u>Thurs</u> -TB	<u>Fri</u> -RV	<u>Sat</u> -SM	
Week of 7/13:	(meet at 6 ^{am})				
<u>Mon</u> -TB	<u>Tues</u> -SM	<u>Thurs</u> -TB	<u>Fri</u> -RV	<u>Sat</u> -SM	
Week of 7/20:	(meet at 6 ^{am})				
<u>Mon</u> -TB	<u>Tues</u> -SM	<u>Thurs</u> -TB	<u>Fri</u> -RV	<u>Sat</u> -SM	
Week of 7/27:	(meet at 6 ^{am})				
<u>Mon</u> -TB	<u>Tues</u> -SM	<u>Thurs</u> -TB	<u>Fri</u> -RV	<u>Sat</u> -SM	

SM = Sunrise Mountain High School

TB = Thunderbird Park (59th Ave, north of Deer Valley)

RV = Rio Vista Park (Thunderbird Ave and Rio Vista – 89th Ave)

Coach Lattie: (623) 561-6535 -or- 623-330-5600 (Cell)