

May 2, 2019

Dear Cross Country (XC) Runners & Parents,

I hope you are looking forward to the summer! Before we know it August will be here and that will bring the start to the XC season. This summer we are going to host a summer running program for kids who are interested in going out for XC. My plan is to have organized running activities 1-2 days per week through the summer. **The program will begin on June 11. We will run on Tuesdays and Thursdays at Washington Park at 5:45. We will meet by the tennis courts. The runs will take approx. 30-45 minutes.**

I would like to make a couple things very clear about this program:

- 1.) No runner is required to attend ANY of the summer running days. This is 100% voluntary and attendance will have ZERO impact on an athlete's participation on the XC team next season.
- 2.) If you have a student who has not run XC in the past but is considering running this year, they are more than welcome to attend the summer runs. The summer runs will be a great opportunity for new runners to see what XC is all about.
- 3.) Although the summer runs have no impact on the XC team, XC team running rules will apply, e.g. always run with a buddy, respect each other and adults, stop and look both ways before crossing, etc. (I will review safe running rules at each run).
- 4.) As with our XC practices, parents and/or older siblings are always welcome and encouraged to run with us. Depending on the size of the group we might NEED parents to run to help keep the herd moving!

Running is FUN! Our goal with the SAS/BSS XC program is to teach the basics of running and instill in our children the drive, motivation, and a "never quit" attitude that will stay with them throughout their lives. The summer running program is simply a way to help kids get started and to get some base mileage built up.

If your son or daughter ran XC last year I will automatically include you in announcements about the summer running program via email. If your son or daughter is new to our program, please send me an email at: [mike.obrien@countryfinancial.com](mailto:mike.obrien@countryfinancial.com) with:

- 1.) Your name
- 2.) Your cell phone number
- 3.) Your child's name
- 4.) The grade they will be in in the fall
- 5.) The school they attend (BSS or SAS)

Please never hesitate to call or email me if you have any questions.

Sincerely,

Mike O'Brien

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