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| **Bruin XC Expectations**   1. **Keep your grades up.** 2. **Be positive, run hard, run smart.**   **3.) Take care of each other.** |



Any Blevins student (6th, 7th, 8th) can join the Blevins Cross Country (XC) team and run all races with the team! No cuts!

>Parent/Runner Info meeting: Thurs 8/22/24: 5pm-5:45pm, Blevins Auditeria – if can’t attend, email coach with Q’s.

>Required reg & fee info found here: <https://www.psdathletics.org/blevins>

> Summer Training – Strongly Recommended: 1.) Stay active – hike, bike, b-ball, paddle, 2.) Starting in June or July, jog a steady pace with as little walking as possible for 10-30 min, 2-3x per week. When August hits, do these jogs in the afternoon heat – it takes your body 2 weeks to fully acclimate to heat running. 3.) You will have a much more enjoyable and successful season if you commit to a little bit of summer running.

>Pre-Season Prac: Thur 8/15 thru Wed 8/21 @ Blevins, 2:45-4; bring water, change in RR, lock backpacks in Coach’s room 304

>Race Warmup to the Season: Lobo Invite! Fundraiser for Rocky XC, not a PSD-sponsored race but a great event! Reg at: <https://raceroster.com/events/2024/88730/rocky-mountain-lobo-invitational> Sat 8/24

>Regular Season Practice: 2:45-4:15 @ Blevins, Mon – Fri, regular season goes Thurs 8/22 thru Thurs 10/10.

Please note we have a few Saturday races.

For practice, have a family plan for your student to get home. Coaches cannot provide supervision past 4:30pm daily.

> Come prepared for running in any weather and with **good running shoes and a \*hand strap\* water bottle (10-12oz ideal).** No jeans/denim! Please leave all electronics in lockers! We will practice in the heat, rain, and snow, but we’ll head inside for lightning, hail, or really poor air quality and either do circuit work in the gym, running movie time, or cancel practice.

>**We are seeking a new family to volunteer to carry the torch for a Blevins XC 17*-year tradition: The Annual “Run to the A” and Pasta Party!* We seek a west-side family who can host 40 hungry runners for our pasta feed following the “A” run.**

> Want to contribute in a different way? We need parent volunteers to help with the race we host at Rolland Moore Park on Fri 10/4, from 3-5pm. Timers, course marshals, and finish chute organizers are needed!

**Thank you so much for coming out for cross country! We look forward to a great season!**

**Coach Mark Lonac (**[**mlonac@psdschools.org**](mailto:mlonac@psdschools.org)**) 488-4058 Assistant Coaches TBD**

 RACE SCHEDULE – **TENTATIVE – most races are 2 miles.**

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| Sat 8/24 | Lobo Invite – 1.5 mi | @ Spring Canyon; non-PSD sponsored; $15 entry; Rocky XC fundraiser  boys 11:10, girls 11:30, also a community/family 5k available |
| Sat 8/31 | John Martin Invite | Fort Collins High, times TBD |
| Thurs 9/5 | CLP, Lincoln, Blevins Tri | @CLP, boys 3:30, girls 3:50 |
| Thurs 9/12 | Lincoln Invite | @ Lincoln, boys 3:30, girls 3:50 |
| Thurs 9/19 | Kinard, Boltz, Linc., Blev. | Kinard hosts @ Spring Canyon, boys 3:30, girls 3:50 |
| Sat 9/28 | Rattlesnake Rumble | Hosted by City of Fort Collins @ Spring Canyon Park, times TBD |
| Fri 10/4 | Blevins Home Meet | @ Rolland, vs. Wellington, Lincoln, Mtn Sage, boys 3:30, girls 3:50 |
| Thur 10/10 | District Championship | Spring Canyon Park, Boys 3pm, Girls 3:45pm |

*Blevins Cross Country 2024*