

Blevins Cross Country 2025

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: Tues 8/19/25: 5pm-5:45pm, Blevins Auditoria – if can't attend, email coach with Q's.

>Shoe Night at Altitude, details TBD

>Required reg, fee, & doc physical info: <https://www.psdathletics.org/msreg> or <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, 3-4x per week. When August hits, do these jogs in the afternoon heat – it takes your body 2 weeks to fully acclimate to heat running – you will be ready for our season!

>Pre-Season Prac: Thurs 8/14 thru Wed 8/20 @ Blevins, 2:45-4pm; bring water, change in RR, lock stuff in Lonac's Rm 304

>RECRUIT! – We need MORE Blevins kids on the team so we can hire a 3rd coach this fall!

>Lobo Invite Warmup Race – Rocky XC Fundraiser! Sat 8/23, cost ~\$15-20, Spring Cyn Park, boys 11:10, girls 11:30

<https://co.milesplit.com/meets/674870-rocky-mountain-lobo-invitational-2025>

>Regular Season Practice: M-F 2:45-4:15 starting Thurs 8/21, going until Thurs 10/9 (must have silver eligibility card by now!)

Please note we have a few Saturday races. For practice, have a family plan for your athlete to get home normal time, or early in case of bad weather. 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.

>Help continue an **18-yr Blevins XC tradition!** 18th Annual "A" Run – week of Mon 10/13. The Busch/Smith family graciously hosted the pasta party following the "A" run last year. Would they like to do it again, or could another family step in? We are seeking additional parent volunteers to help bring snacks, serve food, transport backpacks, or join us for the run!

> Want to contribute in a different way? We need parent volunteers to help with the one home race we host at Rolland Moore Park. We need course marshals, traffic monitors, a lead bike, and finish line organizers!

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

Coach Mark Lonac (mlonac@psdschools.org) 488-4058

Coach Maddy Boyd

(Hopefully: Coach Jason Brown)

RACE SCHEDULE – MORE INFO COMING WHEN AVAILABLE. RACES ARE ALL CLOSE TO 2 MILES.

Sat 8/30	John Martin Invite	Fort Collins High, times TBD
Thurs 9/4	Race #2	TBD
Thurs 9/11	Lincoln Invite	Lincoln Middle School, times TBD
Thurs 9/18	Race #4	TBD
Sat 9/27	Rattlesnake Invite	Hosted by City of Fort Collins @ Spring Canyon Park, times TBD
Fri 10/3	Race #6	TBD
Thurs 10/9	District Championship	Spring Canyon Park, times TBD
Sat 10/25	MS State Meet	Non-PSD, Fehringer Ranch Park, Denver, 2.2 mile race, \$35 entry



Bruin XC Expectations

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

