**Landsharks Running Club**

**Welcome to our Fall Cross Country Series!**

Our fun run program is focused on self-improvement through accomplishing each runner’s personal goals. Our motto is “Every finisher is a winner!” The program meets 2-3 times a week for 5-6 weeks and includes three races held at local schools or parks, hosted by the Landsharks Running Club. The races are held on Mondays at 5:45 pm at 100 Lucky Lady Dr, in Woodland Park.

We encourage your runner to participate in all practices each week. If your runner is active in another sport/activity, he/she will need to be at a minimum of one practice per week in order to compete in the next week’s race. There is a $59 entry fee for the program. Landsharks Running Club Team t-shirts are mandatory for all participants at $14 each. The t-shirts are the same for each seasons, so there’s no reason to purchase another shirt if it still fits!

**Runners must be registered prior to their first practice.**

**Please register online at** [**www.landsharkrunclub.com**](http://www.landsharkrunclub.com)**.**

**Practices**: We meet at UPE after school at 3:00 pm until 4 pm.

Runners will leave their backpacks in the gym hallway. Runners will assemble in the hallway at the door to the playground. At practice, we will warm-up, run by ability groups, cool down, and be released to the same assembly area. Please pick-up your runner by 4:00 pm. Please have your child bring a snack and a water bottle, labeled with his/her name on it, to every practice!

**Practices are cancelled if the wind chill is under 30 degrees, and/or if it is physically snowing or raining.**

**Dress for Success:** Runners need to dress according to the weather. We encourage them to change out

of their school attire into running clothes before practice begins.

Clothing guidelines:

**55 degrees and warmer** - Running shoes, t-shirt, shorts, and optional running hat.

**45-54 degrees** - Running shoes, t-shirt, sweatshirt/windbreaker, shorts or sweat pants.

**44 degrees and cooler** - Running shoes, t-shirt, sweatshirt/windbreaker, sweat pants, running hat/head band and gloves. **If it is windy, dress one cooler level down.**

**Running shoes:**  We will train on the areas around the school. We encourage you to purchase running shoes for your runner(s). Please check your child’s current running shoes for wear. Expect to pay at least $50 for a good shoe that will last for the fall and spring series if worn just for running. Buy them a little large, not tight. We have three running stores sponsoring our program and providing a 15% discount for Landshark runners: Boulder Running Company, Colorado Running Company, and the Runner’s Roost.

**Races:** Our races will be held on Monday evenings at Shining Mountain Golf Course on September 19th, September 26th, and October 3rd. A back-up race is scheduled for October 10th, in case it is needed due to a weather cancellation. We would like your runners at the race site NLT 5:45 pm. We will be done by approximately 7:00 pm. Runners may leave after their event is over or stay to cheer on their teammates.

**Parents, we need you!**  Please consider volunteering for our coaching staff or support crew. No experience is required, just lots of encouragement. With numerous runners expected to participate,

every volunteer makes a difference in our program. We will need volunteers at the races, too.

Thanks for letting us have the privilege of serving your child.

Coach: Jamie Berry Phone: 719-339-8093 Email: jberry@sc.younglife.org

***Program Schedule***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | **Saturday** |
| Aug 28 | 29 | 30 | 31 | Sep 1  Kickoff Meeting | 2 | 3 |
| 4 | 5  Labor Day | 6  Practice #1 | 7 | 8  Practice #2 | 9 | 10 |
| 11 | 12 | Practice #3 13 | 14 | 15  Practice #4 | 16 | 17 |
| 18 | 19  Race #1 | 20  Practice #5 | 21 | 22  Practice #6 | 23 | 24 |
| 25 | 26  Race #2 | 27  Practice #7 | 28 | 29  Potential  Back up Practice | 30 | Oct 1 |
| 2 | 3  Race #3 | 4 | 5 | 6 | 7  Celebration | 8 |
| 9 | 10  Back-up race  (if needed) | 11 | 12 |  |  |  |

**Race day Instructions**

1. **Race Uniform:** Landsharks t-shirt, shorts, socks, water bottle, sweat pants, and sweatshirt or jacket.
2. **Runner's Number Tags:** Upon arrival at the race, please look for the designated coach/parent from our school who is handing out the tags. Please pin the tags on the front of you child's t-shirt.
3. **Warm-up:** Have your runner meet the other runners from our school (all in the same color t-shirt) at the designated warm up area to stretch and prepare for the race.
4. **Staging for Races:** After warm-up, please have your child stay with the coaches and they will make sure they get into the proper race. The runners will receive race instructions in the staging area and will be escorted onto the starting line. Following your runner’s race, your child will find you in the designated parent viewing area.
5. **All spectators need to please stay off the race course. Only coaches and volunteers, in**

**Landsharks t-shirts, are allowed in this area.**

1. Have fun and cheer for all the runners!