



News from Coach Kris Ellis

2008 Summer Running Schedule

For anyone desiring to stay in shape, get in shape, get ready for a fall sport, run cross-country, etc.

****Please call if you are planning on joining us to confirm locations.****

Tuesday's at 9 a.m.:

Dates: June 10, 17, 24
July 1, 8

Location: Merrill Park in Eagle off of Eagle and Riverside

Thursday's and Friday's at 9 a.m.:

Dates: Thursday, June 12
Friday, June 20
Thursday, June 26
Thursday, July 3
Thursday, July 10

Location: Glenwood Bridge Greenbelt

Saturday, July 12th is the City of Trees 5K and 10K races. I encourage any and all to participate. www.cityoftreesmarathon.com

I will do an interim schedule for after the race and before regular cross-country season practice starts. Please call or email for any other information, training ideas, questions, etc.

Happy running!

Kris Ellis

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