

2023 SIDNEY SUMMER RUNNING PROGRAM COWBOYS AND COWGIRLS

GENERAL INFORMATION:

Summer running is for everyone who wants to participate. Regardless of the sport or sports you participate in running can help make you better.

1. Summer running as a group will begin on Monday June 12.
2. Attendance is never mandatory, but try and come regularly.
3. We always run on Monday, Wednesday, and Friday.
Due to other sports and weights, running starts at 7:30 a.m..
We are done in 30-40 minutes. If you want to, you can come at 8 a.m., if you are not involved in anything else. In case of bad weather running will most likely be cancelled.
4. Try running with some friends, it's often much more enjoyable.
5. If you can attend 80% of the scheduled sessions in June, July, and the first week in August, you will get a free Sidney running tee shirt.
6. After July 4, you will need to get more serious about your running if you plan on running cross country next fall.
7. If you are a dual sport participant, we will work with your football and volleyball coaches regarding practices and running in meets.
8. We need junior high runners as well as high school runners next fall. Summer running will build up that base. Junior High XC Meets are never more than 2 miles and high school is 3 miles.
9. If you have questions about running please contact me. Steve Meyer at 402-630-6521.