



## Attention girls and boys interested in joining the East Ridge Cross Country Team!

Practice begins on Monday August 15<sup>th</sup> at 9am and will be at East Ridge High School.

The team is open for any student entering 7<sup>th</sup> – 12<sup>th</sup> grade in **ERHS attendance area**.

Please register with the athletic office before then (Go to the ERHS web page under activities office to look for info on registering. You must be registered before practicing with us beginning 8/15/16).

Anyone may join! Athletes compete by running on a 5K (boys) or 4K (girls) course. There is a huge variety of levels and there is plenty of room for you!

We are having a brief meeting at East Ridge (Green Commons Area) on **Thursday June 9<sup>th</sup>** at 6pm. I will be there to answer questions and take sign up forms for the Summer Running Club (which happens on M,W and F mornings beginning after school is out. It will last a few weeks to get you going on your summer mileage. If interested, contact me for more info on how to sign up for that).

**Any questions? Write this info down—**

Please email Coach Cronin at  
[ccronin@Sowashco.org](mailto:ccronin@Sowashco.org)

**Please give this great sport a try!**

