**Boys XC Weekly Schedule for 10/24-30, 2016**

**Monday, 10/24**-Practice 3:30-5:30

**Tuesday, 10/25-Practice in Ridgway.** We are hoping to leave at 2:30. We will provide pizza on the bus for the way home. I would expect we should be home by 7:30 pm.

**Wednesday, 10/26**-Practice 3:30-5:30. We will try to do our Halloween shirts today if all goes well.

**Thursday, 10/27**-Practice 3:30-5:00. Note earlier dismissal time.

**Friday, 10/28-** Practice 3:30-4:45 at latest. Note earlier dismissal time.

**Saturday, 10/29 Districts at Ridgway. T**he bus leaves at 8:00 am. We will meet at the highschool at 7:30 am to complete our “shake out” run. You should come showered and dressed for running an easy 15 minutes.

The varsity boys AA race is scheduled for 1:15. The varsity extra race will take place right after the varsity boys AA race, so probably around 1:50 or so. Awards are scheduled for after the races. I would expect to be home around 4:30 or so. More info to follow throughout the week.

**Sunday, 10/30**-Rest day-no running

**Practice for all state qualifiers will be Monday, October 31st at the usual time.** Practice is not mandatory for those who do not qualify. If you plan on running Foot Locker Regionals on the 28th of November you should take 3-4 days off before resuming training, which I will provide. If not attending Foot Locker, you should take 3 weeks off from running to recover from the season before resuming training. More info to follow regarding off-season training. Do not expect to stop running for the rest of the school year if you plan on running cross country next fall-distance running can be done virtually year-round. Many of you will do indoor track and field and outdoor track and field, so clearly those athletes will be in training for those sports.