

Woodland High School of Woodland, California 2017

9th Annual Woodland Run on the Green

Friday, August 25th. First race at 5:00 p.m.

Where: Woodland High School Stadium and campus grounds.

What: This is a unique high school cross-country opportunity to test the fitness of your athletes early in the season: in fact on the first day of CIF Sac Joaquin allowable competition!! By offering a flat course in a self-contained environment, this early evening start time will guarantee that varsity races will run in cooler dusk temperatures and provide great feedback on current fitness. The course covers decomposed granite and a closely cut grass path to ensure fun for spectators and offers optimal coaching conditions. Varsity races will be set up in a unique “match” format to help the early season “needs” of your program.

Fun & Goodies: Medals to top finishers, mid race updates, snack bar, and varsity & JV divisions as well as an “open/coaches” race will highlight the late afternoon and early evening event. This will and should be festive and you might even want to bring your school’s cheerleaders to cheer on the runners during this adventure. We will complete entries “old school” this year to keep the price amazing and give the event some added charm. Just show with your runners and payment and we’ll be ready to treat them to a fun first day of the competitive season. Let’s get kids “Really Excited” about cross country!

Special low cost!!!**Cost & Registration:** \$5.00 per athlete but not to exceed \$100.00 per school. Make checks payable to: **Woodland High School Cross Country**

***Runners in the coaches’ race will be required to sign a waiver and make a small additional donation of \$5.00 per registered runner.

Contact meet director Chuck Bruns to reserve your spot at:

chuckbruns@sbcglobal.net or call **916-947-9220**

Special Note and Mission: We will charge a \$3.00 gate fee.

Our Mission: To inspire your athletes – especially your new ones – to appreciate and understand the team and discipline needed for success to be a harrier.