

## **Hello Cross Country Families,**

We are very excited for the upcoming season and to have your athlete as a member of the team. Murray Cross Country currently has approximately 40 students that have turned in a permission slip and a current physical. The first two practices have been very impressive. All the students are eager to run and do their very best. It should be fun.

### **Practice:**

We will practice every Tuesday and Thursday. Students will have an hour of homework time before each practice from 2pm-3pm. Practice begins at 3pm and will end each day at 4pm.

We will also schedule several optional runs on Sundays throughout St. Augustine in an effort to introduce our runners to different trails and areas around St. Augustine. Last year we ran the Vilano Bridge, Anastasia State Park, Lighthouse Park and Treaty Park.

### **Coaches:**

Five coaches are volunteering to run and work with the team. **Brent Bechtold** is the father of Jonah Bechtold, a parent volunteer, Reading Specialist at Florida School for the Deaf and Blind and an Ancient City Road Runner member. **Beth Sweeny** is the Government Relations Coordinator for St. Johns County School District and Ancient City Road Runner member. **Brian Crevasse** is the father of Peyton Crevasse, a parent volunteer and a member of Ancient City Road Runners. **Ruby Smith** is a senior at St. Augustine High School and cross country and track athlete. I am the Director for Assessment Development and Early Childhood Services for St. Johns County School District and Ancient City Road Runner member. We are all excited to share our passion for running and fitness with your children.

**Races:**

We currently have four races scheduled but more may be added during the season. Parents must transport students to each race. Carpooling is highly

I will keep you posted if new races are added to the schedule.

Date	Time	Location
Wednesday, Oct. 11 <sup>th</sup>	4pm- 6pm	GRMS Soccer Field 6250 US 1 South St. Augustine, FL 32086
Wednesday, Nov. 1 <sup>st</sup>	4pm- 6pm	Fruit Cove Middle School/Plantation Park Field 3180 Race Track Road St. Johns, FL 32259
Wednesday, Nov. 8 <sup>th</sup>	4pm- 6pm	Treaty Park 1595 Wildwood Dr., St. Augustine FL 32086
Wednesday, November 15 <sup>th</sup>	4pm- 6pm	Bartram Trails High School 7399 Longleaf Pine Parkway St. Johns, FL 32259

**Uniforms:**

Uniforms will be distributed to students on Tuesday. There is no cost for the uniforms, however, they must be washed and returned at the end of the season.

Students are still eligible to join the team. If you or your child know of any additional students wishing to join the team we are still accepting team members.

Feel free to contact me with any questions.

Thank you,