WILDCAT-DEMON

SUMMER RUNNING!

Any students interested in running Cross Country in the fall are welcome to join in our summer training program! Get in shape, meet new friends, learn about running, and have fun! Popsicles after every practice!

RUNS INCLUDE:

- TRAIL RUNS
- BIKE DAYS
- RUNNING GAMES
- RUNS WITH BHS!

RUNNING SCHEDULE: 8:30 am

Monday- Raging Rivers Parking Lot in Mandan
Tuesday- Sertoma Park (Amusement Park) Parking Lot
Wednesday- Solheim (teacher parking lot by the bike trail-south side of the school)
Thursday- Pioneer Park
Friday- Riverwood Golf Course Parking Lot

WMS runners are invited to start running with BHS June 9th, ***Official WMS running will start Mon. July 14 th***

- ★ *Any cancellations or changes will be posted on the Wachter XC Facebook page or txt the coaches.*
- ★ *Bring a water bottle and wear running shoes!*
- ★ *We start warmup at 8:30 am and leave for our run shortly after. Generally each run (with warm up and cool down included) takes 45 min- 1 hour.*

Contact information:

Coach Kelby Rinas (Wachter)
kelby_rinas@bismarckschools.org
Coach Scott Reichenberger (BHS Boys) 701-400-6134
scott_reichenberger@bismarckshools.org
Coach Janelle Olson (BHS Girls) 701- 391-1755