CAPROCK ACADEMY
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FOR IMMEDIATE RELEASE
Caprock Academy to Host 2A Region 5 Cross Country Championships

Grand Junction, CO — October 22, 2025

Caprock Academy is proud to announce that it will host this year's **Region 5 Cross Country Meet** at **Confluence Park in Delta** on **Thursday, October 23, 2025**. The girls' race will begin at 12:00 pm, with the boys following at 1:00 pm.

Both the boys' and girls' teams are expected to perform exceptionally well, led by team captains Grace Grossman and Korbin Church, who are also strong contenders for top podium finishes at Regionals. The varsity lineup includes six girls and seven boys, all of whom have trained diligently throughout the season.

Since its inception in 2017, Caprock's Cross Country program has become a powerhouse in Western Colorado. The school has qualified either individuals or full teams for the State Championship every year, with the girls' team earning two invitations to the Nike Southwest Regionals in Arizona (2022 and 2023) and competing at Running Lane Nationals (2023), where they placed 8th out of 80 of the top teams in the nation.

> **Head Coach Joe Sheader**, who has led the program since its first season, said,
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> "This group continues to build on the legacy of Caprock Cross Country. Every season, our runners demonstrate incredible dedication and teamwork. Hosting Regionals is a special opportunity for our athletes to compete at a high level in front of their community."
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> **Director of Athletics & Activities, Dylan Albert**, added,
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> "Our teams have worked tirelessly to reach this point. Grace, Korbin, and the rest of our runners exemplify the perseverance and character that define Caprock Academy athletics. We're excited to host Regionals and proud to showcase our student-athletes on this stage."

The Caprock Academy community is encouraged to attend and support the runners as they compete for a place at the state championships.

For more information, please contact:

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About Caprock Academy
Caprock Academy is a tuition-free, K–12 public charter school in Grand Junction, Colorado. Founded in 2007, Caprock Academy provides a classical education focused on character, accountability, and rigorous academics. The school's mission is to develop well-rounded students prepared for success in college, career, and life. Learn more at www.caprockacademy.org