

Reno Huskie Summer Cross Country Preseason Practice Begins June 22nd!

Hey Huskies! Time to get back to running! Here is our Summer Training Schedule:

Monday: 7:30am Rancho San Rafael Park

Tuesday: 7:30am Mayberry Park- we meet in the dirt lot at the East end of the park

Thursday: 7:30am Horseman's Park

Friday: 7:30am Huffaker Elementary- running at Bartley Ranch

Every day, we will finish around 9am.

Please bring your own water. It will be hot! Some locations will have access to bathrooms and water fountains, but some will not. Make sure you are also drinking plenty of water throughout the day!

All practices are completely voluntary. They are a great way to get in shape before the season starts though! If you are out of town, but would like the coaches to help you with workouts, please do not hesitate to reach out.

Remember to pass along our Remind code **@renoxc** for easy text updates. If you have any questions, feel free to contact any of the coaches. We are excited to start training together again.

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Head Coach Joe Parker joeparker273@gmail.com 775-224-6157

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