

# MIDDLE SCHOOL CROSS COUNTRY CLUB

## Fall 2026



### When:

Monday and Wednesday

3:25 - 4:30

Fridays at Vernier Hill:

3:30/40 - 4:20

*\*\*please promptly pick up your child in the parking lot off Sunningdale/Vernier Hill\*\**

The season will run from Friday, September 11 - Tuesday, October 23

### Where:

- Depending on the weather, we will either meet in the girls gym and then will head outside for practice or meet outside by the basketball court/swings.
- All activities will be outside - if the weather is poor, practice may be canceled. We will use the schoology group, Remind, and Parcells PTO Facebook page to update you regarding any canceled practices. We will also make an announcement over the speakers in school.
- BRING A WATER BOTTLE, HEALTHY SNACK, and APPROPRIATE RUNNING ATTIRE TO EVERY PRACTICE.
- Drink Water throughout the day: because running 2-3 miles while feeling like a dehydrated sponge is *not* a vibe.

### Important Information:

- Please dress accordingly - we will not be running any indoor workouts.
- You will need to pay the club fee of \$52. This fee covers any other clubs your student may participate in throughout the 2024 - 2025 school year. Payment can be made on the Parcells website under the "Athletics" tab. Since this is a club, please pay the club fee and not the athletics fee.

<https://bit.ly/4mfmJFR>

- YOU NEED A CURRENT PHYSICAL ON FILE WITH THE SCHOOL IN ORDER TO PARTICIPATE! Physical's dated post April 15, 2026 will be accepted.
- If you still have a shirt from last year, please plan on wearing that or exchanging for a new size. Shirts will be given out before our 1st meet and will be expected to be washed and returned at the end of the season

### Communication:

- Please join our Schoology group and/or remind app (app or text message, see attached paper) to stay up-to-date on information
  - 1) Log into Schoology
  - 2) Click on "groups"
  - 3) Click on "My Groups"
  - 4) Click on "join Group"
    - a) Access code: TSCW-9RGW-XJ4SG
    - b) Click join and you're in!
- Feel free to email either Susanne Babcock or Alexis Lecznar with any follow up questions:
  - [babcocs@gpschools.org](mailto:babcocs@gpschools.org)
  - [lecznaa@gpschools.org](mailto:lecznaa@gpschools.org)
- Specific meet information will be sent home (and posted to Schoology) the Monday before each meet. For general planning purposes, Saturday meets are usually in the morning and Tuesday meets are after school (typically apprx a 4:30 start time). Runners need to provide their own transportation to and from all meets.

### Running Loops/Locations:

*NEED TO BE ABLE TO RUN (no walking) ONE LOOP AROUND THE PARCELLS FIELD IN ORDER TO LEAVE THE SCHOOL PROPERTY. PLEASE REVIEW LOOPS WITH YOUR RUNNER AND REINFORCE THE CONVERSATION ABOUT THE BUDDY SYSTEM AT HOME.*

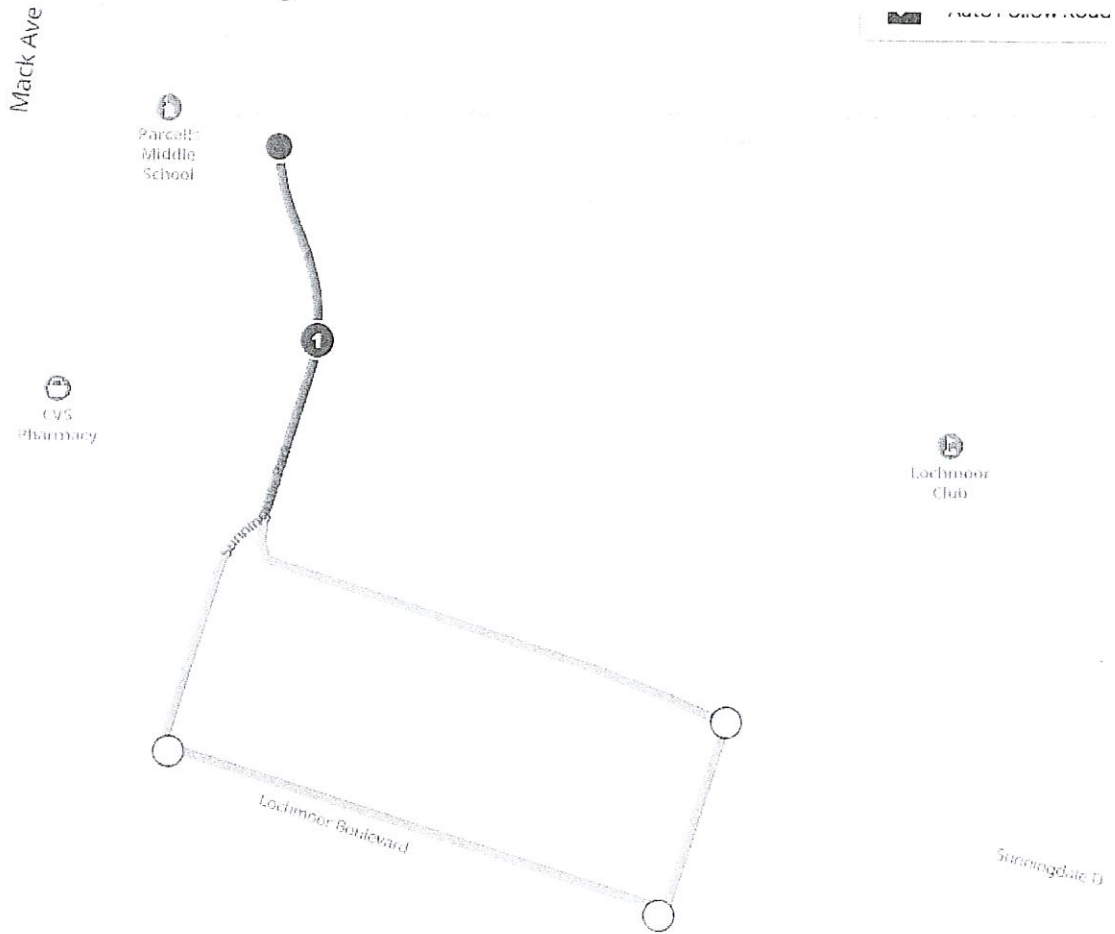
Vernier Hill is at the corner of Vernier and Lakeshore Drive - pull into the parking lot off of Vernier. We will meet by the big hill.

- If using phone navigation, put Grosse Pointe Shores City Offices into your device.



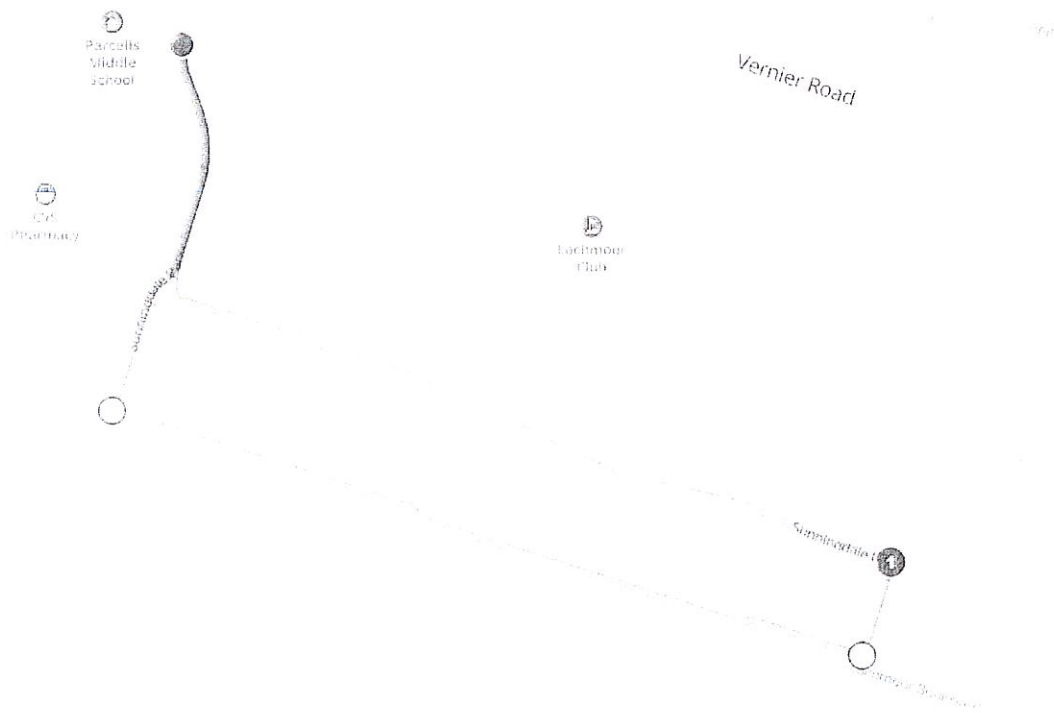
Holiday Loop - 1 Mile

Leave Parcels, run down Sunningdale. Turn LEFT on Lochmoor. Turn LEFT on Holiday. Turn LEFT on Sunningdale. Turn RIGHT to return to Parcels



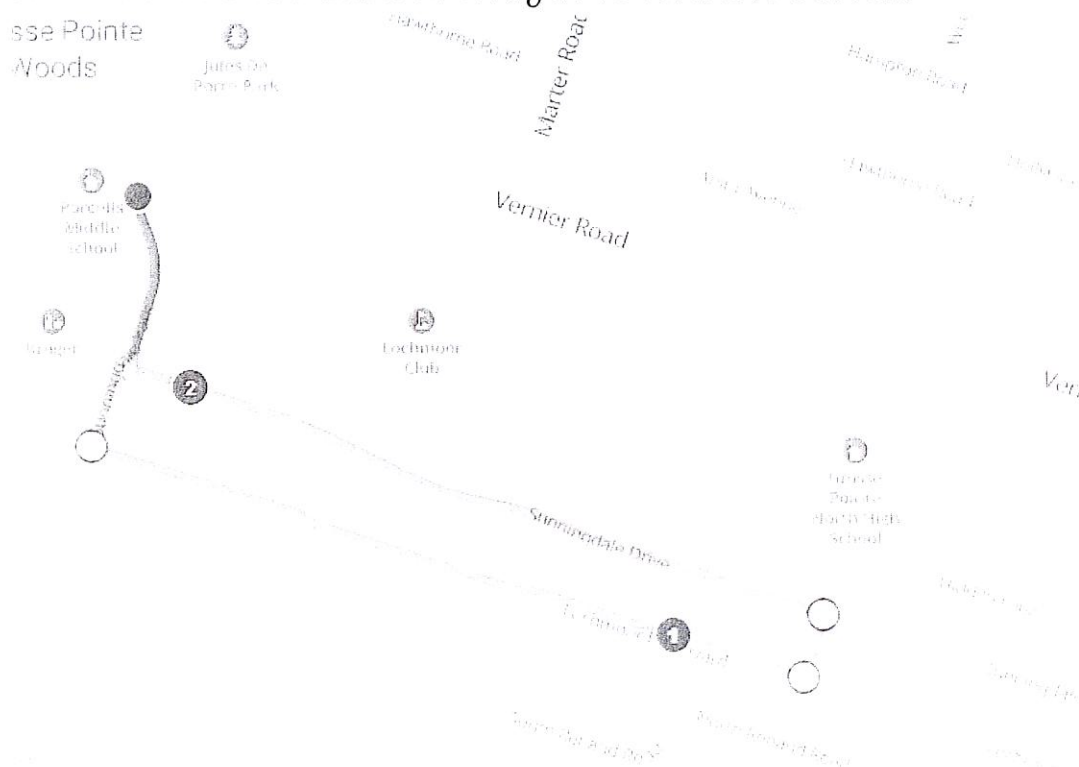
### Fairway Loop - "Baby 2 Miler" (1.8)

Leave Parcels, run down Sunningdale. Turn LEFT on Lochmoor. Turn LEFT on Fairway. Turn LEFT on Sunnindale. Turn RIGHT to return to Parcels



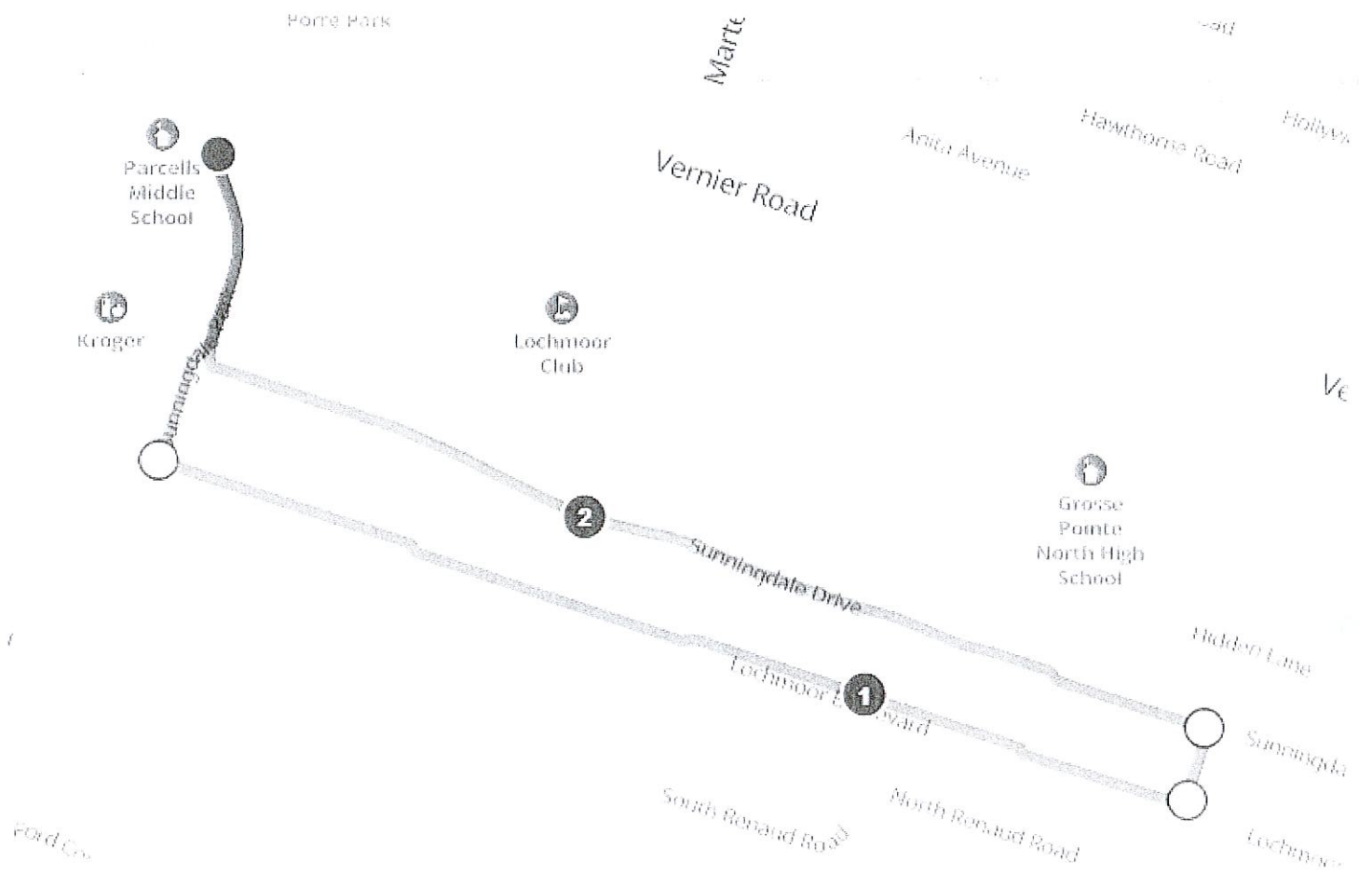
### Wedgewood Loop - "2 Mile" (2.27 Miles)

Leave Parcels, run down Sunningdale. Turn LEFT on Lochmoor. Turn LEFT on Wedgewood. Turn LEFT on Sunnindale. Turn RIGHT to return to Parcels



### Morning Side - 2.5 Mile Loop

Leave Parcels, run down Sunningdale. Turn LEFT on Lochmoor. Turn LEFT on Morningside. Turn LEFT on Sunnindale. Turn RIGHT to return to Parcels



### Lochmoor/Sunningdale - 5k Loop (3.17)

MUST BE ABLE TO RUN MORNINGSIDE LOOP W/OUT STOPPING BEFORE ATTEMPTING THIS LOOP - COACH MUST KNOW YOU ARE DOING THIS LOOP!!

Leave Parcels, run down Sunningdale. Turn LEFT on Lochmoor. Cross over Morninside and take next Left to Sunningdale - follow Sunningdale back to Parcels. Traffic at Morninside DOES NOT CROSS - you need to stop and wait for all traffic to clear.

