



## Attention girls and boys interested in joining the East Ridge Cross Country Team!

Practice begins on Monday August 17<sup>th</sup> and will be at East Ridge High School.

The team is open for any student entering 7<sup>th</sup> – 12<sup>th</sup> grade **in ERHS attendance area.**

Please register with the athletic office before then (Go to the ERHS web page under activities for registration info).

Anyone may join! Athletes compete by running on a 5K course. There is a huge variety of levels and there is plenty of room for you!

We are having a brief meeting at East Ridge Green Pod Commons Area on **Thursday May 28<sup>th</sup>** at 6pm. I will be there to answer any questions and collect sign up forms for the Summer Running Club (which happens on various M, W and F mornings beginning after school is out and finishes in mid July. If interested, we'll talk about it at the meeting—for more info, see our website). FIRST club run= June 10<sup>th</sup>. Club forms may be turned in on this date too!

### Any questions? **Write this info down—**

Please email Coach Cronin at

[ccronin@Sowashco.k12.mn.us](mailto:ccronin@Sowashco.k12.mn.us)

OR call him at 651 768-3673

(new contact info [ccronin@sowascho.org](mailto:ccronin@sowascho.org) and 425-3673 once summer begins. Email is best as I can forward info back to you)

**Please give this great sport a try!**

