

Cross Country - FAQs

The most frequently asked questions are:

When:

We practice on Tuesday and Friday each week from 5:30- 6:30.(or so) (this might change slightly depending on facility availability)

Practices will begin around the third or fourth week in August

Races start Sept 20th

Where:

Downingtown East H.S. We meet at the track and then use the Cross Country course for our training.

How much do we run?

The race distances are as follows:

Novice runs 1.8 miles

Minors run 1.8 miles over a more challenging course

Cadets run 2.4 miles

We race at Belmont Plateau in Fairmount Park.

The races begin at 1 p.m. on Sunday's (we arrive at 12:30)

We try to keep practices fun so that the kids want to come back week after week.

I don't believe in crazy mileage! and all of my athletes have improved throughout the season.

No one is too slow!

If anyone needs more specific information they can send me an email at melodysye@comcast.net