

# Summer Elite XC Running Program

July 2<sup>nd</sup> to August 31<sup>st</sup> – every Tuesday and Thursday

- **Age Group:** The athlete must be going into Grade 8 or older.
- There is no cost.
- Click the [Calendar tab](#) for the training times and locations for July and August.
- Contact the XC Running Program Coordinator Jon Pratt at: [jp.ppf@hotmail.com](mailto:jp.ppf@hotmail.com) for any further information.