

End of Season Fun Cross Country Race

Saturday October 20th, 2018

This is a fun inter-squad running activity for all the athletes who have been attending the Saturday morning practices. Only athletes going on to compete at the AO Provincial Championships and/or the Canadian National Championships will continue to train after this day.

The Outline for Saturday Oct. 20th, 2018:

Athletes load a bus at the usual practice time and location. The finish time will be closer to 11:30 am or possibly 11:45 am.

Athletes will be organized into equal teams to run against each other. Each team will compete for as many points as they can accumulate. Points are awarded for the team's collective running, singing, and creative artistic abilities.

The bus will travel to various running trails throughout the city. Possible locations are: Sage Road running trails, Laurentian Ski Hill running trails, Chippewa Sec. School running trails, and the Laurier Woods trails. Team tasks are assigned at each of the locations.

The running distance at each of the locations is anywhere from 800 m to 1.5 km. Distances will be accommodated for athlete abilities at each location.

Prizes are awarded to the winning team and all the competitors, at the end of the Bus Run.