

MRMS RUNNING CLUB 2019 Events/Practices

Running Club is here! This club is open to all students at MRMS who love running. Students need to have a current physical on file and pay the \$30 club fee. Students who did not participate in a fall sport will need to complete the MRMS club paperwork. YES! You may also participate in MTB Club, Volleyball, or Flag Football. Your first commitment needs to be to those teams and games. *We will order t-shirts during the season for an additional purchase.*

If you are in town for fall break, or at least the second weekend of it, you are invited to race at the Colorado Middle School State Cross Country Championship. This race has a *five dollar additional fee* that we will collect later. Put Saturday, October 19th on your calendar!

Focus: We want to run and have fun! If we can cover some solid mileage over the next few weeks, we will be strong! Our focus will be on health, wellness and conditioning for running and racing. Special attention will be on distances over 1.5 miles. We will be participating in invitationals that include junior high/middle school races--most races are ten or more teams! When we are traveling off campus, we will help arrange carpools to and from events. *We will ask two families to bring treats and chocolate milk to each race.*

When will we meet? Complete this [FORM](#) to let us know which races you'll do.

- Practice/Monday, Sept. 16 2:45-4:00
- **No Practice Thursday, Sept. 19 (Student-Led Conferences)**
- [State Preview](#)/Friday, Sept, 20, Fehring Ranch Park (State Venue). A Races begin at 4pm. **Students do not have school this day. 3:30-6:30pm.**
- Practice/Monday, Sept. 23, 2:45-4:00
- [Littleton Invitational](#), DeKoevend Park/Tues. Sept. 24th, Boys 5:15, Girls 5:45, Awards 6:15.
- Practice/Thursday, Sept, 26, 2:45-4:00
- [Polson Ranch Invitational](#)/Sat. September 28, Sedalia, Colorado, A Teams arrive by 12:15.
- Practice/Monday, September 30, 2:45-4:00
- Practice/Thursday, October 3rd, 2:45-4:00
- [Colorado Academy Invitational](#)/Sat. October 5, Colorado Academy, Lakewood, Girl 9:00am, Boys 9:30am, Awards 10:00am [Map](#)
- Practice/Monday, October 7th, 2:45-4:00
- Practice/Thursday, October 10th, 2:45-4:00
- [Fall Break October 12-18 Practices on your own!](#)
- [Colorado State MIDDLE SCHOOL XC CHAMPIONSHIPS](#)/Sat. Oct. 19th, Fehring Ranch Park, Lakewood, 9:30am to 2pm. **\$5 entry fee per athlete.**
- **Spectator Event:** Colorado HS State Cross Country Championships (as spectators), Sat. Oct. 26, 8:00-12:00
- Running Club Party TBA. **Would someone like to sponsor this? We met at a family church after the State Meet one year, and at a runner's home another. 6-8pm**

For information, contact Karen Sprafke (kesprafke@dcsdk12.org) or Jeremy Estell (jkestell@dcsdk12.org).