

# CROSS COUNTRY

## INFORMATION SHEET FALL 2017



PARKS & RECREATION

Thank you for participating in our youth sports programs! Salt Lake County Parks & Recreation youth sports programs are provided to give all kids the opportunity to participate in recreational sports and serve an important role in addressing the diverse health challenges facing youth today.

Our 2017 Cross Country Program is a great opportunity to give participants the chance to run in distance races over varying terrain. Participants will learn the basics of training, pacing, and competing in cross country races.

**Who:** Boys and girls ages 6-18 years old

**Practices:** Mondays and Wednesdays at Valley Regional park behind Taylorsville Rec Center (meet under trees next to the south side of the recreation center, 4948 s 2700 w) & at Oquirrh Park (meet next to the baseball fields at the end of the road near the Olympic Oval)

- All ages from 5:30 - 6:30 PM
- This year we also would like Parents to come join in with our workouts! All parents are welcome (but not required) to do the workouts with their kids. This helps motivate and encourage the whole family in creating a fun and active evening activity.

**Remember sunscreen and water for your child at practice.** Make sure they are well prepared.

**Meets:** Meets are held at various locations around Salt Lake County. There will be 3 meets throughout the season. Please make sure your child is there and ready to go for their appropriate start time.

**Age Divisions:**

**Race Distance:**

White Division	Birth Year 2007-2009	2K
Red Division	Birth Year 2005-2006	3K
Yellow Division	Birth Year 2003-2004	3K
Green Division	Birth Year 2001-2002	4K
Blue Division	Birth Year 1997-2000	5K

September 13 @ 5:30 PM

### Parent Meeting

Taylorsville Recreation Center 4948 s 2700 w

We will also hold our first practice following the meeting.

Week Of	Monday	Tuesday	Wednesday	Thursday	Saturday
September 11th - 16th	Valley Regional (4948 S 2700 W) Meet under trees on South Wall of Rec Bldg		MEETING/PRACTICE @ Valley Regional	Oquirrh Park (4950 W Ed Mayne Ln - 5800 South) Follow road to left and park in lot WEST of baseball diamond, meet under trees)	
September 18th - 25th	Practice @ Valley Regional		Practice @ Valley Regional		
September 27th - 30th	Practice @ Oquirrh Park		Practice @ Oquirrh Park	MEET @ Oquirrh Park	
October 2nd - 7th	Practice @ Valley Regional	MEET @ Big Cottonwood Park	Practice @ Valley Regional		7800 S 2011 W ↓ 10:00AM ↓
October 9th - 14th	Practice @ Valley Regional	↑ 4300 S 1300 E ↑ NorthEast area of Park	Practice @ Oquirrh Park		FINAL MEET @ Veteran's Memorial

\*\*\* PLEASE MAKE SURE A EMAIL WAS PROVIDED. I COMMUNICATE BY EMAIL WITH PARENTS WITH ANY PRACTICE CHANGES AND/OR MEET UPDATES.\*\*

ALSO, find us on Facebook for first notices of updates: [Taylorsville Fitness & Recreation Center](#)

**Equipment:** Running shoes or athletic shoes, athletic shorts or pants, and an athletic top. The Taylorsville cross country shirt is highly recommended to be worn at all cross country meets and practices. These shirts will be provided prior to the first cross country meet.

**Coaches:** Coaches are former and current cross country athletes that have great experience with distance racing and training.

For more questions please email Heather at [hwoichik@slco.org](mailto:hwoichik@slco.org)