

## Humboldt County Kindergarten-8<sup>th</sup> Grade 2017 Cross Country Schedule

(Individuals must participate in at least two races to be eligible to run in the Championship Race.)

Date	School/Coach Distances	Location	Course Walk/StartTime Email/Phone
Thurs, Sept 21	JCS/Davita McGoldrick K-2 <sup>nd</sup> runs .5 mile, 3 <sup>rd</sup> - 5 <sup>th</sup> runs 1.25 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.5 miles	Arcata Marsh	3:50/4:15 PM <a href="mailto:dmcgoldrick@jcsk8.org">dmcgoldrick@jcsk8.org</a>
*Sat, Sept 23	Mack Town Fun Run 2-mile and 5K Age Divisions: 1-7, 8-13, 14-17, 18 and up: Charms for all youth finishers.	Hiller Park	10:00 AM Patty Ohman 707-845-8514
Thurs, Sept 28	Blue Lake/Sarah Elie K-2 <sup>nd</sup> runs .4 mile, 3 <sup>rd</sup> -5 <sup>th</sup> runs 1.0 mile, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.3 miles	Perigot Park	3:50/4:15 PM <a href="mailto:sarah.cn.elie@gmail.com">sarah.cn.elie@gmail.com</a>
*Sat, Sept 30	Mack High Clam Beach Invite - Clam Beach South Entrance K-2 <sup>nd</sup> & 3 <sup>rd</sup> -5 <sup>th</sup> run 1.0 mile, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.5 miles \$3.00 per runner, top 3 each gender/division receive medals, ribbons for all. Meet Info: <a href="https://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=133613#970">https://www.athletic.net/CrossCountry/Results/Meet.aspx?Meet=133613#970</a>		11:30 AM for K-5 <sup>th</sup> 12:00 AM for 6 <sup>th</sup> -8 <sup>th</sup>
Tues, Oct 3	Pac Union/Molly Wasko <a href="mailto:moedoca@yahoo.com">moedoca@yahoo.com</a>	Pacific Union Run K-2 <sup>nd</sup> runs .5 mile, 3 <sup>rd</sup> -5 <sup>th</sup> runs 1.25 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.5 miles	3:50/4:15 PM
Thurs, Oct. 5	NPA/Julie Sylvia <a href="mailto:julie.sylvia@gmail.com">julie.sylvia@gmail.com</a>	Arcata Community Forest K-2 <sup>nd</sup> runs .75 mile, 3 <sup>rd</sup> -5 <sup>th</sup> runs 1.5 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.75 mile	3:50/4:15 PM
Tues, Oct. 10	Pumpkin Run/Lanore Bergenske K-2 <sup>nd</sup> runs .75, 3 <sup>rd</sup> -5 <sup>th</sup> runs 1.6 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.8 miles	Rohner Park, Fortuna	3:50/4:15 PM <a href="mailto:ldb20@humboldt.edu">ldb20@humboldt.edu</a>
Thurs, Oct. 12	Crossfit/Will Zerlang K-2 <sup>nd</sup> runs .8, 3 <sup>rd</sup> -5 <sup>th</sup> runs 1.75 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 1.9 miles	Hikshari Trail, Eureka	3:50/4:15 PM <a href="http://will@humboldtcrossfit.com">will@humboldtcrossfit.com</a>
Fri, Oct. 20	Championships/Rotary	Health Sport Arcata K-2 runs 1 mile, 5 <sup>th</sup> -8 <sup>th</sup> runs 2 miles, 6 <sup>th</sup> -8 <sup>th</sup> runs 2 miles	3:45/4:15 PM
*Sun, Oct. 22	Monster Dash/Sarah Elie 1 mile and 5K	Blue Lake Casino Parking Lot Sponsor: Joggn Shoppe	10:00 AM <a href="mailto:sarah.cn.elie@gmail.com">sarah.cn.elie@gmail.com</a>

\*Non-League Meet: This year each runner must compete in at least two league races during the season to be eligible to compete in the league championship race on October 19. The Mack Town Fun Run, Mack High Clam Beach Invite and Monster Dash do not count as one of the two races each runner must complete to be eligible for the championship race.

For any questions:

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