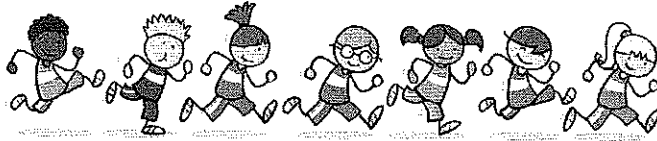


Billy Goat

1 Mile Race

CROSS COUNTRY



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**Thursday, OCT. 14,
2021**

**For McDonald Elementary
and pre-Elementary Runners**

The Varsity and Junior High Cross Country coaches and athletes will be directing Cross Country races for McDonald elementary students on Thursday, October 14th. The *FREE* races will occur at Woodland Park beginning with the girl's race at 5:15 pm, followed by the boys race at 5:30pm. Awards will be presented to the top 3 boys and girls from each grade level in an awards ceremony at the gazebo at 6:00. The races will be supported and monitored by the junior high and high school cross country runners, as well as, Coaches, Parents and Athletic Department. Please plan to attend this run, as we promote running for enjoyment as well as running for competition.

What? A 1-Mile Race through Woodland Park

Who? All McDonald elementary students are welcome to run

Why? To promote running, to gaining fitness, and to have fun.

When? October 14th, beginning at 5:15 P.M.

Race Times: 5:15 Girl's Race (1 Mile)

5:30 Boy's Race (1 Mile)

6:00 Awards Ceremony

Awards will be presented to the top 3 boys and girls in each of these categories:
pre-K; K; Grade 1; Grade 2; Grade 3; Grade 4; Grade 5; Grade 6

Please arrive at the pavilion by 4:45 to register for your race. Every runner will be given a race number to wear on the front of their shirt.

On Thursday 10/07 and Monday 10/11 at 4 pm; the Varsity and JH boys and girls will be available to guide elementary racers to help them learn their 1 mile course before they race on October 14th.

Please look over