

## Summer Running Adjustment

Hey Pack Runners! Please take time to read this full message. Per county guidance, we are no longer allowed to have summer “practices”. The county does not allow middle schoolers to practice until the last week of July. However, students and families can still have informal meetups to run. Coach Ruck and Coach Hill cannot lead these meetups, so it will just be students and their families gathering to run. If a student would like to communicate to others when and where they plan to run, we can share that information on Remind for others if you wish. Please message Coach Ruck or Coach Hill and we will share it out. These runs are not affiliated with the school or team, but group runs are important in preparing for a successful and fun season. We hope everyone recognizes the value in running over the summer to be prepared for our HOT HOT HOT beginning of the season. To be preparing to complete a two mile race on August 9, a runner would ideally be walking/running 3 times/week for 20-30 minutes at least six weeks before the race (That means start at the end of June - now.)

Beginner runners can use [this as a guide](#)

Core Exercise at home [Here is a good 10 minute workout](#)

Run with a friend.

Friday, June 27 7:15AM-8:00AM @ Patriots Park

From Matthew (8th grade runner): hi team! I will be at patriots park tomorrow morning at 7:15am. I would love to have some friends join me. I'll be starting off in the far end of the rec center parking lot. My mom Lori will also be there to walk.

## TENTATIVE MEET SCHEDULE

Saturday August 9, [Augusta Eagles Invitational](#) at Wildwood Park

Saturday August 16 [Fairgrounds Tune Up](#)

Saturday, September 5

Saturday, September 27 [Honey Ridge Agricenter](#) Guyton, GA

Saturday, October 11 [Middle School State Championship](#) Cochran, GA (must qualify)

## High School Schedule

8/16 Fairgrounds Tune Up

8/28 Frazier Hite Invitational Statesboro, GA

9/6 Heathwood Hall Columbia, SC

9/13 Augusta Prep Invitational Martinez, GA

9/27 Honey Ridge Agricenter Guyton, GA

10/8 Kent Kramer Classic Athens, GA

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