



# Learwood Cross Country



“When you put yourself on the line in a race and expose yourself to the unknown, you learn things about yourself that are very exciting.”

*Doris Brown Heritage*

## SIGN-UP INFORMATION:

- Sign-ups can be found at the following blog site:  
<https://learwoodmiddleschoolcrosscountry.blogspot.com/>
- **Make sure to sign up using students' school GMAIL accounts (this way people outside of Avon Lake City Schools cannot sign up)**
- Parents can sign up using their email address as well
- Set this blog site as one of your 'favorites' as we'll be updating it throughout the summer and fall

## TEAM REACH APP:

- NEW runners/parents should download the **TEAM REACH** app on their phones
- Join the **2024 Learwood XC** group
- Code: **2024LMSXC**
- If you ran last year and are currently on **TEAM REACH** you do NOT have to sign up again!

## SUMMER RUNNING SCHEDULE IS ALSO POSTED ON THE BLOG SITE:

- Make sure to sign up for the app
- We'll be communicating (texting) workouts starting the first week of summer
- Be ready to go once we start in July!

## If you have any questions please contact the coaching staff:

- Rob Rocco                      [rob.rocco@alcsoh.org](mailto:rob.rocco@alcsoh.org)
- Jennifer Farney              [jennifer.farney@alcsoh.org](mailto:jennifer.farney@alcsoh.org)
- Kevin Marlow                [kevin.marlow@alcsoh.org](mailto:kevin.marlow@alcsoh.org)