

XC Updates for the Week of July 6

Hi Team.

Welcome back! I hope everyone enjoyed their 4th of July weekend! As you are coming back to practice, please remember our COVID guidelines: if you have a cough, fever, shortness of breath, or have been exposed to someone with COVID, do not come to practice.

Practice Times/Locations:

All practices this week will remain at the same times and location - Monday - Thursday and Saturday at Braelinn Rec Center and ONE Church on Friday.

Mileage Chart:

Week of July 6	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Total
Group 1	8	8	8	8	5	11	8	56
Group 2	7	7	8	7	5	10	0	44
Group 3	5	7	5	7	4	9	0	37
Group 4	3	5	3	4	3	6	0	24

GTS Strength Times:

Group 1 - 9:15am

Group 2 - 10:00am

Group 3 and 4 - 10:45am

Uniforms and Spirit Wear Store:

The deadline for ordering uniforms is **MONDAY, JULY 6, at 11:59pm**. If you ran cross country last year and your uniform still fits, you do NOT need to order a uniform. All new runners will need to purchase a uniform (singlet & shorts), or any returning runners whose uniform no longer fits properly will need to order one.

Please visit <https://starrsmillxc2020.itemorder.com/sale> to place your order. If you have any questions about uniforms, please call Katie Stevens at 773-213-9127 or email her at kmkstevens@sbcglobal.net.

We also have a separate online store with additional spirit wear. This includes the optional backpacks for our athletes as well as spirit wear for the rest of the family. The warm-up jacket and pants are now available under the "Athletes Only" section of the spirit wear store, (rather than Boathouse), and are optional this year. We realize the financial stress of the past several months and decided not to require purchase of the warm-up gear. Please click the link below to visit the spirit wear store:

<https://tgallsports.chipply.com/smhsxc2020/>

Have a great week!

*Sent for the FLBC by
Kelly Anderson*