

XC Updates for the Week of July 13

Hi Team! I hope everyone had a great week. Please read the updates below from the coaches for this upcoming week.

Starr's Mill Running Camp:

The coaches and alumni are so excited about everything that we have planned for you this week! All runners (regardless of if they signed up for camp), are welcome to run with us, but the education sessions and recreation are for running camp participants only.

Summary of our schedule for this week:

- **Sunday:**
 - Introduction to SMRC on Zoom at 7pm

- **Monday:**
 - Run at Lake Peachtree (Grp 1&2 - 7:30; Grp 3&4 - 7:50)
 - Education session on Zoom starting at 12:30
 - Recreation at Braelinn Park at 7pm

- **Tuesday:**
 - Run at Braelinn Park (Grp 1&2 - 7:30; Grp 3&4 - 7:50)
 - Education session on Zoom starting at 12:30
 - Recreation on Zoom at 7pm

- **Wednesday:**
 - Run at Lake Peachtree (Grp 1&2 - 7:30; Grp 3&4 - 7:50)
 - Education session on Zoom starting at 12:30
 - Recreation at Braelinn Park at 7pm.

- **Thursday:**
 - Run at ONE Church (Heritage) (Grp 1&2 - 7:30; Grp 3&4 - 7:50)
 - Education session on Zoom starting at 12:30
 - Recreation on Zoom at 7pm

- **Friday:**
 - Run at Riley Field (Grp 1&2 - 7:50; Grp 3&4 - 7:30) NOTE: change in times for groups
 - Week in review video and graduation starting at 12:30

Follow this link (press CTRL and Click on link) for the detailed schedule: <https://tinyurl.com/SMRCschedule>

Mileage Chart:

Since we have running camp this week, we are not sending out a mileage chart. If you are going to be out of town, contact your coach for your group's mileage.

Have a great week!

*Sent for the FLBC by
Kelly Anderson*