

WILDCAT RUNNING

WMS SUMMER TRAINING



Any Wachter students interested in running WMS Cross Country in the fall are welcome to join in our summer training program! Get in shape, meet new friends, learn about running, and have fun!

Training will include:

- Trail runs
- Bike days
- Water-days
- Running Games

Make sure to wear appropriate shoes and clothes for running and weather. Students should also bring their own water bottles and wear sunscreen. We will be running two sessions of summer training.

Running groups will leave from the scheduled meeting location after a brief stretching time, so runners should be on time.

We will start our training in July, after WMS Power training is done.

July 18- August 15th 2019
9:30 am- 10:30 am

*note that on Wednesdays WMS has a training day with the BHS Cross Country Team. Start time is different!

M- Cottonwood Soccer Complex Parking Lot
T- Solheim Elem. (in front) Bike Day- bring bike
**W-BHS training day- Tom O'Leary North Parking Lot (off Ward Rd). 9-10AM*
Th- Sertoma Amusement Park Parking Lot (under shelter)



All WMS runners are invited to run with the BHS training team at 9am in June before WMS running begins! M/Th are at Riverwood golf course parking lot, T/F are at the Sertoma Amusement Park and W are as listed above.

Cancellations and changes to the schedule will be posted on our Facebook page- Wachter Middle School XC

