

# SCHEDULE: 2014 Manhattan Cross Country Club

## Normal practice times: 5:30 to 6:30 p.m.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>AUG. 24</b> <b>PARENTS MEETING</b> 4-5 p.m. for returning families. 5-6 p.m. for new families. Body First Tennis and Fitness. Kids welcome!!	25 Season begins 1 <sup>st</sup> practice at NE Community Park, 5:30 p.m. <b>TREAT NIGHT; hand out Club t-shirts</b>	26 Practice at NE Community Park, 5:30 p.m. <b>TIME TRIAL</b>	27	28 Practice at NE Community Park, 5:30 p.m. <b>WATER RELAY GAMES</b>	29	30
31	<b>SEPT. 1</b> <b>LABOR Day</b> <b>No practice</b>	2 Practice at NE Community Park, 5:30 p.m. Pace running <b>TREAT NIGHT</b>	3	4 Practice at NE Community Park, 5:30 p.m. Fartlek workout	5	6 <i>Manhattan High School Invitational</i> <b>Warner Park, 9 a.m. (Come watch the HS kids run!)</b>
7	8 <b>TEAM PICTURES</b> Practice at Anneberg Park 5:30 p.m. <b>WEAR CLUB SHIRT!</b>	9 Practice at Anneberg Park, 5:30 p.m. <b>Intro to speed work (beginner)</b>	10	11 Practice at Anneberg Park, 5:30 p.m. Pack Running. <b>TREAT NIGHT</b>	12	13
14	15 Practice at Anneberg Park, 5:30 p.m. Fartlek <b>Treat night (healthy eating)</b>	16 Practice at Anneberg Park, 5:30 p.m. <b>RELAY GAMES</b>	17	18 Practice at Anneberg Park, 5:30 p.m. Pre-meet workout. Possible guest speaker.	19	20 <b>SCHOOL FITNESS CHALLENGE</b> Anneberg Park, 9 a.m. Wear club t-shirt
21	22 Practice at K-State Memorial Stadium, 5:30 p.m. Fartlek workout.	23 Practice at K-State Memorial Stadium 5:30 p.m. Marathon Relay <b>TREAT NIGHT</b>	24	25 Practice at K-State Memorial Stadium. 5:30 p.m. Pack running	26	27
28	29 Practice at NE Community Park, 5:30 p.m. <b>TIME TRIAL</b>	30 Practice at NE Community Park, 5:30 p.m. <b>NEEWOLLAH SCAVENGER HUNT!!</b>	<b>OCT. 1</b>	2 Practice at NE Community Park 5:30 p.m. <b>CREAM THE COACH AND PIZZA PARTY</b>	3	4