

## 2026 Informal Team Runs

### Assumption HS Cross Country

The team meets in June for some informal group runs. A schedule is provided below (and at our team website: [crosscountry.ahsdistance.org](http://crosscountry.ahsdistance.org)). We strongly encourage all new girls and returning Cross Country girls to attend so that they can meet one another, have an opportunity to run with teammates, and start getting in shape for when we officially begin on July 15.

**These are not official practices** – they are voluntary conditioning runs which emphasize developing basic fitness, getting to know one another, etc. We strongly encourage attending these runs, can provide you with a training plan, etc, but this is not mandatory.

These runs are appropriate for everyone, from beginners to experienced runners.

Date	Location	Time
Monday (June 1)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 3)	EP Tom Sawyer Pk	6:00 pm
Thursday (June 4)	EP Tom Sawyer Pk	6:00 pm
Monday (June 8)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 10)	EP Tom Sawyer Pk	6:00 pm
Thursday (June 11)	EP Tom Sawyer Pk	6:00 pm
Monday (June 15)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 17)	EP Tom Sawyer Pk	6:00 pm
Thursday (June 18)	EP Tom Sawyer Pk	6:00 pm
Monday (June 22)	EP Tom Sawyer Pk	6:00 pm
Wednesday (June 24)	EP Tom Sawyer Pk	6:00 pm

#### **Where we meet for practice:**

- **EP Tom Sawyer:** we meet in the picnic area by the main parking lot, tennis/pickleball courts and playground (park on the south side of the main parking lot)

Note that directions and the location of all practices are provided in the handout section at our team website, [crosscountry.ahsdistance.org](http://crosscountry.ahsdistance.org)