

# Evergreen Cross Country Summer Runs

All runs are voluntary, and locations may change (Remind alerts will be sent)

**Please bring your own water bottle. There will NOT be a shared water stop.**

<span style="float: left;">◀ May 2020</span> <span style="display: inline-block; text-align: center;">June 2020</span> <span style="float: right;">Jul 2020 ▶</span>						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
<b>7</b> <b>PHASE 1</b> June 8-22 *Up to 10 people outside *Athletes <b>MUST Sign Up</b> *Outside only *6 feet social distancing	<b>8</b> <b>Girls Group Run</b> <b>Metamora Park</b> <b>8:00 am</b>	<b>9</b> <b>Boys Group Run</b> <b>Metamora Park</b> <b>7:00 pm</b>	<b>10</b> <b>Girls Group Run</b> <b>Lyons Park</b> <b>8:00 am</b>	<b>11</b> <b>Boys Group Run</b> <b>Lyons Park</b> <b>7:00 pm</b>	12	13
14	<b>15</b> <b>Girls Group Run</b> <b>Metamora Park</b> <b>8:00 am</b>	<b>16</b> <b>Boys Group Run</b> <b>Metamora Park</b> <b>7:00 pm</b>	<b>17</b> <b>Girls Group Run</b> <b>Lyons Park</b> <b>8:00 am</b>	<b>18</b> <b>Boys Group Run</b> <b>Lyons Park</b> <b>7:00 pm</b>	19	20
<b>21</b> <b>PHASE 2</b> June 23-July 5 *Up to 50 people outside *6 feet social distancing	22	<b>23</b> <b>Group Run (all)</b> <b>Metamora Park</b> <b>8:00 am</b>	24	<b>25</b> <b>Group Run (all)</b> <b>Lyons Park</b> <b>7:00 pm</b>	26	27
28	29	<b>30</b> <b>Group Run (all)</b> <b>Metamora Park</b> <b>8:00 am</b>	<b>Contact Information</b> <b>Coach Hesson: 419-250-6273 *New #</b> <b>Coach Schwan: 419-262-5133</b>			

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Group Run Metamora Park 7:00 pm	3	4
5 Group Run Lyons Park 7:00 pm	6 Phase 3 *Up to 50 people outside and inside *6 feet social distancing	7 Group Run High School 8:00 am *Weight Room after	8	9 Group Run Metamora Park 7:00 pm	10	11
12 Group Run Lyons Park 7:00 pm	13	14 Group Run High School 8:00 am *Weight Room after	15	16 Group Run Metamora Park 7:00 pm	17	18
19 Group Run Lyons Park 7:00 pm	20	21 Group Run High School 8:00 am *Weight Room after	22	23 Group Run Metamora Park 7:00 pm	24	25
26 Group Run Lyons Park 7:00 pm	27	28 HS XC Day Camp More info to come	29 HS XC Day Camp More info to come	30 HS XC Day Camp More info to come	31	