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## Why Cross Country?

*The benefits of running and participating in youth sports programs are endless.*

*According to research running and exercise, increases the ability for the mind to work, reduces stress, it gives kids more energy, patience, humor and creativity.*

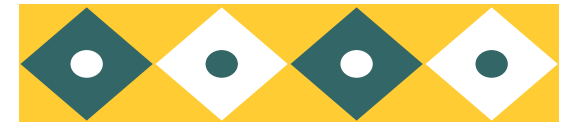
*So sign up for Cross Country and keep your body and your brain healthy!*



If you have any questions about the fall Cross Country Programs for kids or you are interested in coaching, Contact Marc Rademacher @ 221-6309.



City of Fort Collins—Sports Office  
413 South Bryan Ave  
Fort Collins, CO 80521



# 2011 Fall Cross Country





*Cross Country F.A.Q's*

## Middle School Cross Country Grades 6-8

The Middle School Cross Country program will provide your child with the knowledge and skills to have a successful season. Middle Schoolers register by school they attend and compete against other schools in Fort Collins, Loveland and Windsor. Meets are held on weekday afternoons or Saturday mornings.

Program begins August 29th

Fee: \$59 (includes all meet fees and t-shirt with school colors)

***Registration Open Now!!!***

Blevins M.S.	86399-01
Boltz M.S.	86399-02
CLP M.S.	86399-03
Kinard M.S.	86399-04
Leshner M.S.	86399-05
Lincoln M.S.	86399-06
Preston M.S.	86399-07
Webber M.S.	86399-08

Q: My child plays soccer/football can he/she do both?

A: Yes! While every attempt should be made to make it to all practices, cross country will help condition your child for other sports.

Q: My middle school child would like to do both C.A.R.A and Middle School Cross Country, can he/she do that?

A: Yes! There is a possibility that practices or meets will be at the same time. Doing both programs will give your child more meet opportunities.

Q: My child has never ran Cross Country would these programs be for him/her?

A: Absolutely! These programs are designed for both the beginner runner and the more experienced.

Q: If I do C.A.R.A Cross Country do we have to go to all the meets in other Front Range Cities?

A: No. It is up to you which meets you would like to attend.

Q: How long do meets typically last?

A: Both Middle School Meets and C.A.R.A meets are usually no more than an hour and a half from beginning to end.

To register for either program log onto [www.fcgov.com/recreator](http://www.fcgov.com/recreator) or call 221-6655.

## C.A.R.A Cross Country Ages 6-14

Get involved in this exciting recreational cross country program that promotes healthy lifestyles and is a lot of fun! Practices are held twice per week in various parks around Fort Collins. Meets are held in various Front Range cities. Meet schedules are available at first practice. Fee includes team shirt and fees for cross country meets.

Program begins September 7th

Fee: \$59 (Includes all meet fees and team jersey)

***Registration begins August 18th***

**C.A.R.A Track: 86398-01**

