



CHES CROSS COUNTRY season runs the first week of school to early November and is open to any student in grades 1 - 6. Practices are held during noon option 2-4 times a week, weather dependent. On practice days, students run a one mile course at the school's athletic field, supervised & coached by Mr. Blaine. Students may join the team at any time, but they must commit to run at least 2 times per week in order to stay on the team, with most runners opting for more. Team members will compete in two home meets at Colonial Hills and are encouraged to participate in other area races. In case of away meets, parents are responsible for the transportation & supervision of their child.

VOLUNTEERS NEEDED!

Cross Country requires many parent volunteers to assist with registration, timing, recording, etc. Please contact Rachael Estep or Kim Crowley at ColonialHillsCC@gmail.com, if you can volunteer your time at any of these events.

2019 COLONIAL HILLS E.S. CROSS COUNTRY DATES

Dates subject to change. Away meets are optional. For up-to-date information, visit ColonialHillsCC.wordpress.com

- **Sept. 18 Worthington Estates Fun Run - The Flats**
Race begins at 4:30pm at the Thomas Worthington H.S. "Flats". This is an informal meet and excellent opportunity to gain race experience.
- **Sept. 26 Evening Street Harriers Friendship Run**
Evening Street Harriers will host this 1-mile run at a location TBD. More registration information will follow.
- **Oct. 5 Les Eisenhart Invitational**
One-mile community race at Thomas Worthington H.S. Race starts at 8:00am. Runners should be there by 7:30 am to receive bib number. \$ Registration cost required. More details to follow.
- **Oct. 16 7th Annual John Blaine Classic and Alumni Race**
Colonial Hills will be host to elementary schools in the Columbus metro area. Registration and race start times tbd.
- **Oct. 23 The Bear Run**
The first year for this event hosted by Bluffview Elementary School's team on the McCord Middle School Cross Country Course. Starts at 6:00 PM. More details to follow.
- **Oct. 20 Ohio Cross Country Elementary State Meet**
State elementary CC meet at Dublin Jerome HS. More details to follow.
- **Oct. 29 CHES "Trick The Trail"**
A family fun event benefiting the CHES Cross Country Team. Walk the XC trail and vote for your favorite jack-o-lantern. Prizes for the best carved pumpkins, \$5 per entry or 3 entries for \$12. 50¢ popcorn & cider

Any updates to the schedule can be found at ColonialHillsCC.wordpress.com

TO REGISTER FOR THE TEAM, GO TO OUR NEW WEBSITE!

ColonialHillsCC.wordpress.com