

OHS CROSS COUNTRY-Coach Hearn
Assistant Coach Brian Huebner

Run for fun and personal bests!

**WE'RE ON FACEBOOK @
OTTAWA HIGH DISTANCE RUNNING**

SUMMER SCHEDULE *“Cross country is a summer sport”*

This is possibly the most important running of the season. Have fun running! Go to parks, canal path, run early to avoid the heat, find friends to go with, listen to music. No need for fast pace-LONG EASY RUNNING IS BEST. Not jogging but at a pace you could maintain for an hour. If you're new to running and have to walk & jog that's ok. Build up your weekly average mileage.

*Ottawa summer rec. will have running in June. Details posted later on Facebook...also watch newspaper.

**Doubling up with other sports: Freshmen only may double.

ROAD RACES: We can do 1-2 races this summer. I'll post or text info.

JUNE 27TH: Begin team runs each week--Mondays/Thursdays 9am @ OHS

JULY: Last 2 weeks (19th -31) team running Monday-Saturday 9am

JULY 31-10TH: IHSA mandated no coaching period. Team will be given suggested workouts & team leaders will meet at OHS or parks for runs.

AUGUST 11th-14th, &16th “Official” practices @ OHS 9 AM

AUGUST: 17th School begins

AUGUST 25TH FIRST RACE! (approx. 3 miles)

**PATIENCE + CONSISTENCE + MOTIVATION + GOALS =
SUCCESS!**