

RILKE SCHULE/POLARIS

# CROSS COUNTRY RUNNING



# WHAT IS IT?

Cross Country Running is an official ASD Middle School sport for grades 6-8. There are multiple meets throughout the season with each meet having about half of the participating schools. The season culminates in an all-school Championship meet.

Races are 3 kilometers over trails that are often muddy and always hilly. There are 4 divisions: 6-7th grade boys, 6-7th grade girls, 8th grade boys, and 8th grade girls.

The purpose is to have students participate in sports in a more casual, inclusive, and less intimidating format than in high school. There is no Varsity or Junior Varsity. All team members practice together. The emphasis is on supporting each other and having fun while getting good exercise and being introduced to the sport.



# PRACTICES

**Monday - Thursday from 3:15pm - 4:30pm**

**First 2 Fridays from 2:00pm - 3:15pm**

**08/23 & 08/30**

Students meet in Polaris Gym

Practice starts on August 19th, 2024.

Season ends at Championships 10/07

Student pick-up is at 4:30 promptly.

There are no practices on meet days.



# LOCATION

Around the ponds and field at Meadow Creek Park  
(on the corner of Meadow and 68th)





# WHAT TO BRING TO PRACTICE

- Running shoes
- Weather-appropriate athletic clothing (no jeans, etc.)
- Water bottle
- Snack (optional)



# RACES

10 practices are required in order to be eligible to race.

Date	Location	First race Start Time	Last Race Start Time
09/04	Bartlett	6:00pm	7:40pm
09/11	Girdwood	6:00pm	7:40pm
09/16	Kincaid	6:00pm	7:40pm
09/23	Chugiak	6:00pm	7:40pm
09/30	Bartlett - Think Pink Relay	6:00pm	7:15pm
10/07	Kincaid - Championships	2:30pm	4:50pm Awards Ceremony after last runner finishes

**[Click here for the full Race Schedule](#)**



## **RACE DAY**

1. Meet at race location 30 minutes prior to the start of the first race.
2. Jog the course as a team.
3. Warm up 15 minutes prior to your race.
4. Race.
5. Stay until all races are finished in order to cheer on your teammates (like they cheered you on).
6. If parent driven, then parents must sign out their students promptly after the last race, or students will load back into the provided bus.



# VOLUNTEERING ON RACE DAYS

**Volunteering for our  
team:**

**[Sign up Here](#)**

- Snacks
- Canopy/Cover
- Tables
- Race Number Writers
- Ground Maintenance

**Volunteering for our  
Hosted Race:**

- Rabbit Biker
- Turtle Biker
- Trail Security
- Timer
- Finish Chute
- Recorders
- End of Race Maintenance



# JERSEYS

Jerseys cost approximately \$30.

Students may use Rilke jerseys from previous years.

Students must have a jersey to race.

Jerseys are Youth sizes S, M, L, XL.

I need to know your size ASAP so that I can estimate what to order.



# HOW DO I SIGN MY STUDENT UP?

1. Submit these forms to your respective coach:
  - Middle School Activity Participation Form
  - Health Exam Form (Physical) - this is good for 18 months
2. Make these payments:
  - \$110 Activity fee
  - \$30 Jersey cost (if you need one)
  - Pay through Q (print and turn in the receipt) or by check.
3. Everything must be submitted to the coach office BEFORE 08/23



# Coach Contact Information:

Rilke Schule coach:

Chloe Laughlin

EMAIL:

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Polaris coach:

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