

Boys Parents Letter 2023 XC Week 6 – Sept 18th

Hello XC Athletes and Parents,

The boys had a great meet in Bismarck, we had 10 personal records (PR's) and several boys ran their first 5k. Thank you to all the parents that sent food/drinks and snacks, it was a long day and food was appreciated.

The store selling border battle swag closes MONDAY Sept 18th at midnight. There will be very limited items for sale at the meet.

Border Battle Swag Link: <https://www.rundick.com/shop/?fctag=team>

- Please instruct people to include their school name in the order notes
- All orders will be delivered at the Border Battle, whether they select the "store pick up" or "ship to me" option.

Important Items this week:

Monday Sept 18th – Long Run 4 pm

Thursday, Sept 21st – We will have team pictures. Forms have been sent home with your son. Please make sure they have their Grey pullover, singlet and black team pants with them on Thursday. We will start individual pictures at 3:40 pm in front of Central HS, then team picture afterwards.

Friday, Sept 22nd – Team Pasta Feed, 6 pm Central Gym foyer. More information coming soon.

Saturday Sept 23rd – 7 am Leave GFC for Valley City. Meet starts at 11 am.

Instagram: KnightrunningGFC

Instagram: GFBorderBattle

Our next meet is during week 7, the GF Border Battle on September 30th.

Thank you

Sean Allan GFC Boys

If there are any questions, feel free to reach out