

## **Week 7: September 25th- October 1st**

Hello Cross Country Parents,

It was a rainy, wet but successful meet for our girls team. It was a good test with the weather and a challenging course! I am very proud of how everyone worked hard, especially for the middle school group who ran their first 4k!

This week will be very busy with our **2nd Annual Border Battle** meet at Lincoln Golf Course on Saturday. The first race is at 11:00 with 7th grade girls. Plan to arrive at the park by 9:30- more specifics given out during the week. We have the website for links about parking, schedules and other information related to the meet.

We will also be doing our fundraiser during the meet- having a bake sale. If you would like to bring an item, please do! There is a letter with more details!

**Monday:** Long Run

**Wednesday:** Speed workout

**Friday:** Pasta Dinner in Central at 6:00pm

**Saturday:** Border Battle meet at Lincoln Park Drive/Golf Course.

### **Important Links:**

Bake Sale Letter: [bake\\_sale\\_letter\\_2023.pdf \(knightrunning.com\)](#)

Border Battle Meet Info: [Meet Details - Border Battle \(gfborderbattle.com\)](#)

Team Website: [www.knightrunning.com](#)

### **Social Media:**

Girls XC Instagram: GFCCGirlsXC

Girls XC Twitter: @GFCCGirlsXC

If there are any questions about this week, feel free to reach out! Also make sure you and your athlete are on the Group me app for reminders and messages!

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