

Week 6: September 18th-24th

Hello Cross Country Parents,

It was a great week of training and a very successful meet in Bismarck with plenty of PR's! We will have a similar week upcoming with two speed workouts and a meet in Valley City on Saturday. This one only has a 4k and 5k so our middle schoolers will be in their first 4k. Tuesday is supposed to be quite warm, so make sure kids are drinking water during the day.

Lastly, we will have our **team pictures this Thursday, September 21st**. We handed out picture forms last week, but if you need another let me know! We will wear our black team pants and gray long sleeves.

Monday: Long Run

Tuesday and Thursday: Speed workouts. **Also PICTURES on THURSDAY!**

Saturday: Meet at Valley City: We will leave from Central at 7:00am. Make sure your daughter brings breakfast or a snack prior to their race. First race is JV girls at 11:00.

Important Links:

Parent Food Sign Up (Valley City Meet)

[Food for Meet Sign up - Google Sheets](#)

Parents Clothing

<https://gfcxc2023parents.itemorder.com/shop/home/>

Team Website: www.knightrunning.com

Social Media:

Girls XC Instagram: GFCGirlsXC

Girls XC Twitter: @GFCGirlsXC

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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