

Practices

TUE-FRI: 4:50 - 6:50

Please plan to be picked up NLT 7:00pm unless we are practicing at Barr Lake or Adams County Fairgrounds

SATURDAY 7:30 am -- ?

We run trails in the mountains on Saturdays. If you have to stay in town for work or family time, we still meet at 7:30 and you will complete your workout in town.

PARENTS!! Your athletes have decided that having Mondays off works best for them academically and socially. We will be moving the Trail Runs to Saturday mornings (beginning Sept 7th) at 7:30am. No practice Mondays.

All runners get an individualized training program and will only run what they are capable of doing. If you haven't run a step since 6th grade--no worries! You will work up to your goal by the end of the season, whether your goal is to finish a mile without stopping, run sprints, or run 10 miles. We have sprinters, hurdlers, mid-distance, and long distance runners joining us for summer conditioning, so there will be a place for you!

