

Hanover-Horton Middle School

Cross Country Information & Summer Fun Run Schedule

July 13	Heritage Park (Next to elementary school)	6:00 pm
July 20	MacReady Reserve on Skiff Lake Rd	6:00 pm
July 27	Heritage Park	6:00 pm
Aug 10	MacReady Reserve	6:00 pm
Aug 17	Heritage Park	6:00 pm

Come dressed to run and bring a water bottle. We will be together for about an hour, weather permitting. You must have a physical on file when school starts, but not for these fun runs. Cross country practice will start Thursday, August 24, 2023. Practice will run after school until 4pm. For those of you just starting out, make sure to get active during the summer whether with running or other forms of exercise. For more experienced runners, try to keep a summer running log of how far or how long you are running. Putting in the miles now will help later in the season!

Please Contact me if you have any questions!

Taylor Heath Tjheath2014@gmail.com

I plan on using the Heja App for communication this year.

Enter this Team Code to Join: RU-207351

We will also be updating the Team Facebook page and using
Athletic.net