

## Summer Runs

Below are the dates we will have organized runs, strength training, special events etc. We hope to see you there. In addition to these dates we will have Captain Runs which will be posted throughout the summer. You should also be training on your own or with a teammate all throughout the summer!

Make sure to have your paperwork and physical turned in to the athletic office.

Always bring your own water for summer runs.

June:

12th- 7 15AM Special Event/ Captain Run @ Potomac River Running in Broadlands  
Captain led run followed by Yoga with Treehouse Fit.

Bring a towel or mat for Yoga.

\*Finish at 9AM

13th- 7 00AM Riverside High School- Meet behind school behind athletic office  
Run and Strength

14th -7 00AM Riverside High School- Meet behind school behind athletic office  
Run and Strength

18th- 8AM Riverside High School- Meet behind school behind athletic office  
Run and Strength

20th- 8AM Riverside High School- Meet behind school behind athletic office  
Run and Strength

22nd- 7 00AM Meet at Trailside Middle School, Next to Track and Fields

24th- 7 00AM Meet at Trailside Middle School, Next to Track and Fields

26th- 7 00AM Riverside High School- Meet behind school behind athletic office  
Run and Strength

28th- 7 00AM Meet at Rust Library in Leesburg-  
Challenge RUN- Must be able to run a minimum of 4 miles without walking.

July:

1st- 6 30PM Special Event @ Potomac River Running in Broadlands  
Run and Hydrate!!! Special Guest  
Finish at 7 45PM

8th- 7 00AM Meet at Trailside Middle School, Next to Track and Fields

10th-7 00AM Meet at Trailside Middle School, Next to Track and Fields

11th-7 00AM Meet at Riverside High School- Meet behind school behind athletic office  
Run and Strength

12th- 7 00AM Meet at Trailside Middle School, Next to Track and Fields

16th- 7 00AM Meet at Trailside Middle School, Next to Track and Fields

18th- 7 00AM Meet at Trailside Middle School, Next to Track and Fields

23rd- 7 00AM Meet at Riverside High School- Meet behind school behind athletic office  
Run and Strength

25th- 7 00AM Meet at Riverside High School- Meet behind school behind athletic office  
Run and Strength

27th- 7AM- Challenge Run Location TBD

August-

Tryout Week- Starts Monday, August 5th

Please note dates, locations, and times are subject to change. Stay Informed by Signing Up for Remind texts! Information to sign up for remind text can be found on the Team Information Packet.

Summer Training is your key to a successful season and tryout!

Go Rams!