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| **Not Running:**Brittney, Faith, Jessica, Liv, NadiaHELP WITH TIMES“The man who can drive himself further once the efforts get painful is the man who will win” – Sir Roger Bannister | **Everyone**Black shorts, Black topsArrive at course 7:45Set up tent, put away personal things by 8:00**8:00 team walks course**We are in BOX 6 | **Teams** **Romeoville**, Fenwick, LW-West, **Joliet Central**, Thornwood, Providence, **PLFD South**, Neuqua Valley, **Oswego**, Andrew, Jones College Prep, **PLFD Central**, LW-Central, LW-East, Bloom, JCA | **FYI about this race:*** This is our home course. We will be back here Oct 8th and 18th
* Weather Report:

Morning: mid 60’sAfternoon: Sunny and 80 |
| **Fresh/Soph – 9:00**Avery, Bella, Kelsey, Julietta, Viviana, Julia, ToriTimes: Emily, Princeza, Samira, Marlie, Faith, Jessica, Nadia | **Varsity – 10:00**Joslyn, Yesenia, Alexis, Tracey, Ashley, Joana, LiliTimes: Fresh/Soph Runners | **Open – 11:00****Leaders: Kate and Lia**Times: Varsity Runners  | * Know the course, it is painted for 2 different meets
* Awards:
	+ Top 20
	+ Team: 1-3
	+ Open top 10
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| **Warm – Up: 8:00**20 min jog, on course 8:25 Leg swings, hydrant seriesHead to line 8:40**Be at the start by 8:45**Dynamic stretches4 strides (75+ meters)**Post-race:**Wait at finish line till all 7 are done, walk back as group with a coachChange shoes, hydrate, cheer on varsity/open**3 miles after varsity race TOGETHER** | **Warm – Up: 9:00**10 min jog, 5 min tempo, 5 min jog9:25 Leg swings, hydrant series, water, spikesHead to line 9:40**Be at the start by 9:45**Dynamic stretches6 long strides**Post-race:**Wait at finish line till all 7 are done, walk back as group with a coachChange shoes, hydrate **3 miles with F/S race TOGETHER** | **Warm – Up: 10:00**15 min jogLeg swings, hydrant series, water, spikesHead to line 10:40**Be at the start by 10:45**Dynamic stretches4 long strides**Cool-down:**10-minute jog, water, stretch, and ice | **Next of week:**Sun: 30 min or long walkMon: IntervalsTues: MEET-Senior NightWed: RecoveryThurs: Speed 4x75 SecFri: R-BSat: Peoria |
| **Parents:**Girls can ride home with you but please sign them out with a coach after the meet is over |
| **However ordinary each of us may seem, we are all in some way special, and can do things that are extraordinary, perhaps until then … even thought impossible.” – Sir Roger Bannister** | **Location:** Community Park in Channahon. Rt. 6 and McClintock |



