



Washburn Rural High School

Cross Country

Summer Running Schedule 2022

Welcome to Washburn Rural Cross Country 2022! We are excited to offer a full summer of opportunities for you to get in shape for XC and have fun with your friends and teammates. The runs are voluntary and open to all WRHS students and HIGHLY recommended for anyone planning to participate in high school cross country. Our races are run in the Fall but our success is earned in the summer. All fitness levels are welcome; if you are willing to work hard and want to get better we want you out running with us. Depending on individual fitness levels, the summer runs will last between 30 and 90 minutes.

Summer Run locations are **WRHS** (Blue Barn), **Lake Shawnee** (Ted Ensley Gardens), **Shunga Trail** (Parking Lot at Wheatfield Village), **Landon Trail** (Parking lot on 53rd between Topeka Blvd. & Adams) the **Governor's Mansion** (Parking Lot located just off of 6th street),

All runs start at 7:00 AM

Weeks 1-2	Weeks 3-4	Weeks 5-6	Weeks 7-8
Mon. June 13 - WRHS	Mon. June 27 - WRHS	Mon. July 11 - WRHS/Camp	Mon. July 25 - WRHS
Tue June 14 – Lake Shawnee	Tue June 28 – Lake Shawnee	Tue July 12 – Lake SH/Camp	Tue July 26 – Lake Shawnee
Wed. June 15 - Shunga Trail	Wed. June 29 - Shunga Trail	Wed. July 13 - Shunga/Camp	Wed. July 27 - Shunga Trail
Thur. June 16 – Landon Trail	Thur. June 30 – Landon Trail	Thur. July 14 – Landon/Camp	Thur. July 28 – Landon Trail
Fri. June 17 – Gov. Mansion	Fri. July 1 – Gov. Mansion	Fri. July 15 – Gov./Camp	Fri. July 29 – Gov. Mansion
Mon. June 20 – WRHS	Mon. July 4 – NO RUN	Mon. July 18 – WRHS	Mon. Aug 1 – WRHS
Tue June 21 – Lake Shawnee	Tue July 5 – NO RUN	Tue July 19 – Lake Shawnee	Tue Aug 3 – WRHS
Wed. June 22 - Shunga Trail	Wed. July 6 - NO RUN	Wed. July 20 - Shunga Trail	Wed. Aug 3 - WRHS
Thur. June 23 – Landon Trail	Thur. July 7 – NO RUN	Thur. July 21 – Landon Trail	Thur. Aug 4 – WRHS
Fri. June 24 – Gov Mansion	Fri. July 8 – NO RUN	Fri. July 22 – Gov. Mansion	Fri. Aug 5 – WRHS

***Summer XC Camp will take place in Colorado Springs, CO July 11th - 15th For more details contact Coach Swedlund.**

***FUN WEEK: Mark your calendars for June 27th - July 1st for this WR XC classic. Details to come.**

***5k Fundraiser: Save the date! August 6th for our annual 5k Fundraiser**

Orientation & Official Practice

Athlete Orientation will be Friday Aug 12th after school. The first day of Official Practice will be Monday Aug 15th after school. Information regarding Summer Runs the week of Aug 8th will be communicated later.

Please sign up for messages through the Remind app. Text Coach Swedlund your name, grade, and the number you want to receive texts and he'll sign you up. Information about special events, cancellations, etc. will also be available on our website: <http://wrhscrosscountry.weebly.com/>.

Coach Swedlund Contact Info:

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