

XC July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 26	June 27	June 28	June 29	June 30	1	2
3	4 Dead Period	5 Dead Period	6 Dead Period	7 Dead Period	8 Dead Period	9 Dead Period
10	11 Dead Period	12 Dead Period	13 Dead Period	14 Dead Period	15 Dead Period	16 Dead Period
17	18 Group Run @ Rocky Branch Trail 8:00-9:00am	19	20 Group Run @ 7 Oaks Trail 8:00-9:00am	21	22 Group Run @ Poston Park 8:00-9:00am	23
24	25 Group Run @ McAden. Thread Trail 8:00-9:00am	26	27 Group Run @ 7 Oaks Trail 8:00-9:00am	28	29 Group Run @ Poston Park 8:00-9:00am	30
31	Aug 1 Group Run @ McAden. Thread Trail 8:00-9:00am	2	3 Group Run @ 7 Oaks Trail 8:00-9:00am	4	5 Group Run @ Poston Park 8:00-9:00am	6

*All runs on this calendar are optional. If you choose to join us on any of these runs you must have an up-to-date physical on file with South Point High School. You also need to bring your own water or sports drink. It's imperative that you stay well hydrated during the hot summer training sessions. I (Coach Kubbs) will do my best to be at all group runs, however, there is a chance that I will not be able to make a few of them, in that case the runs would be athlete-led.

Please make sure that I have your number on the Remind App as this schedule is subject to change; email me to be added to the App.

kfkubbs@gaston.k12.nc.us

Trail Meet-Up Locations:

Rocky Branch Trail: parking lot at the end of Woodrow Ave and Sacco St in Belmont

Poston Park: parking lot by the pump track and the trailhead sign, Lowell, NC

7 Oaks Trail: meet in the parking lot by the trailhead off New Hope Rd, Belmont

McAdenville Thread Trail: Catawba Riverkeeper's Boathouse 115 Willow Dr, McAdenville, NC

