

# Cougars Cross-Country

## 2017 Beach Run

Saturday, September 2, 2017



### General Beach Run Info:

- All XC runners will meet at the Marina Hills practice site at 7:30 a.m.
- The run will begin at approximately 8:00 a.m. with the runners following course routes assigned by coaches. Maps will be given to runners and courses reviewed by coaches prior to the start.
- All runners will finish at Doheny State Park between 9:00 to 9:30 a.m. (note: this is a practice run, not a race)

### Booster Meeting & Bagels:

- Bagels, fruit, Gatorade and waters will be provided for the runners & parents after the run.
- Boosters & coaches will hold a brief information meeting.
- Uniform orders will be distributed & volunteer sign-up boards will be available.
- \$2.00 p/hour metered parking is now available in the main lot at Doheny Park.
- Please have all donated food items at Doheny Park by 8:30 a.m.
- Please visit [www.cougarsXC.com](http://www.cougarsXC.com) for updates and additional information.

**GO COUGARS!!**

