St. Joe’s Jaguars 2014
Summer Running Club is STARTING!

- There is no cost to participate and no registration is required.
- Anyone in the parish (children, parents and grandparents) can run.
- No commitment to run XC in the fall is required but highly encouraged 😊
- Schedule below is for ALL Runners – Please note junior high runners (entering 7th and 8th grade) have additional running dates.
- Over 165 kids participated in cross-country last year.
- Special reward again this year at the beginning of the XC season for all those who attend at least 12 summer runs – nearly 100 kids earned the reward.
- Most Saturday runs we will have donuts and treats.
- Total time is approx. 45 mins including stretching, games and the run.
- Distance of each run will vary by age group, experience and who shows up.
- Detailed schedule is also located on the cross-country site located at www.sylvania.org and click on St. Joes Cross Country under Sports.
- Contact Coach McGranahan at 419-304-6102 or send an e-mail to dmcgranahan@iceindustries.com for any questions.

17-Jun  Tues  6:00 PM  Secor
21-Jun  Sat  9:00 AM  Olander
24-Jun  Tues  6:00 PM  Secor
28-Jun  Sat  9:00 AM  Olander
1-Jul    Tues  6:00 PM  Secor
5-Jul    Sat  9:00 AM  Olander
6-Jul    Sun  7:00 PM  Stranahan
8-Jul    Tues  6:00 PM  Secor
12-Jul   Sat  9:00 AM  Olander
13-Jul   Sun  7:00 PM  Stranahan
15-Jul   Tues  6:00 PM  Secor  Centennial
17-Jul   Thur  6:30 PM  Quarry
19-Jul   Sat  9:00 AM  Olander
20-Jul   Sun  7:00 PM  Stranahan
22-Jul   Tues  6:00 PM  Secor
26-Jul   Sat  9:00 AM  Olander
27-Jul   Sun  7:00 PM  Stranahan
29-Jul   Tues  6:00 PM  Secor
2-Aug    Sat  9:00 AM  Olander
3-Aug    Sun  7:00 PM  Stranahan
5-Aug    Tues  6:00 PM  Secor
9-Aug    Sat  9:00 AM  Olander
10-Aug   Sun  7:00 PM  Stranahan