

Tri-North Trojan Cross Country 2023

Practice schedule – Starts July 10th on MWF at 8 am. Practice location is being determined. Check emails from TN school and check the website for TNXC.

XC Meet Schedule - This will be given out at the Parent/Coach meeting the first week of school. This will be updated on the [TNXC website](#) at a future date.

What will I need? - A good pair of running shoes, a water bottle, and comfortable running clothes. A watch (for timed runs) is recommended, but not necessary.

- White River Running Co. in Columbus is a local resource for running shoes/clothes/equipment. <https://whiteriverrunningcompany.com/>
- Running Warehouse www.runningwarehouse.com is a good online source for all things running
- There are a few stores in Bloomington that may have some good options, but may be limited to more adult sizes/ options, and/or may not have staff knowledgeable in running: Dicks Sporting Goods, JL Waters, and Tradehome.

Should I run over the summer? - It is recommended to run 2-3 days/week over the summer to build a foundation for the body to get used to moving and building endurance. There are a lot of opportunities to run races over the summer if you feel like you want to challenge yourself. **Most races are the 5K distance (3.1 miles) and at the middle school we race the 3K distance (1.86) roughly 2 miles.** Check out the website www.mag7raceseries.com for a list of local races.

What do I need to do if I am wanting to sign up for XC? - Please fill out the form in this link, or scan the QR code if you are interested in joining XC at TN.



About the coaches....

Brian Shepherd works at Binford Elementary as the P.E. teacher. This is my 9th year coaching at Tri-North and I coached 2 years at the HS level. coachshep007@gmail.com

Jake Summers is a long-time Binford Elementary, 6th Grade teacher and an experienced runner. I have a long history with TNXC as a parent and this is my 4th season as a coach. jsummers@mccsc.edu

Lisa Greathouse began working with Tri North XC in 2017 with yoga Fridays, and has been in the coaching role the last two years. Professionally, she serves as the districts' healthy schools coordinator, and is a lifelong runner.