

Lebanon Invite.

Who: Varsity and JV
What: Lebanon Invitational
Where: Lebanon High School
When: Saturday, Sept. 3rd
Why: The opportunity to compete

Race Times

10:00 Varsity Girls Race

11:15 JV Girls Race

Transportation

Buses will leave from the H.S. (athletic entrance) @ 7:45 AM.
Be there 10 minutes early.

E.T.A – 1:15 – 1:45 PM

Clothing: Prepare for ALL kinds of weather
Uniform (shorts, jersey, warm-ups)
Bag

Food: Healthy snacks and drinks

Goals: Have at least 1 goal you are mentally, physically, and emotionally ready to achieve.

Directions

Take Rt. 48 south towards Lebanon.

Just outside of Lebanon follow the Rt. 48 bypass.

Turn left on Drake Rd. (stoplight)

Enter school at 2nd entrance.

Spaghetti Dinner

Friday (9/2)
Meal served at 6:00 PM

Hosted by Ben Cook
9681 Featherwood Ct.

Directions from CHS: Right on Franklin St, Right on Clio Rd., Left on Ramblingwood Ln, Right on Featherwood Ln.

Quote of the Week

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher, Irish-Canadian Olympian

Varsity Line Up

Shannon Back, Sarah Chilson, Devin Flood, Meghan Harris, CC Salzman, Christine Zavakos, Rachel Zavakos

MEET GOALS: Everyone finishes, no one walks, everyone runs strong through the finish line, act like a team

Goals

TENTATIVE PRACTICE SCHEDULE THE WEEK FOLLOWING THIS MEET

Monday	3:30 – 5:45	@	Iron Horse Park
Tuesday	3:30 – 5:45	@	CHS
Wednesday	3:30 – 5:30	@	Sugarcreek
Thursday	3:30 – 5:45	@	Sugarcreek
Friday	3:15 – 4:30	@	CHS