

SHELDON CROSS COUNTRY

August 18 – September 5, 2014

(Revised 08-20-14)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug 17 Rest Day	Aug 18 Official Practices Begin: 8:00 am at Alton Baker Park 4:00 pm at Alton Baker Park	Aug 19 4:00 pm at Alton Baker Park	Aug 20 8:00 am at Alton Baker Park 4:00 pm Meet at Sheldon Track	Aug 21 4:00 pm at Alton Baker Park	Aug 22 8:00 am at Alton Baker Park Meet at 5:30 pm for Pre's Trail X-Country Revival Run Alton Baker 6:30 pm (register at eclecticgedgeracing.com)	Aug 23 9:00 am At Sheldon Track
Aug 24 Rest Day	Aug 25 8:00 am at Alton Baker Park 6:30 pm at Alton Baker Park	Aug 26 4:00 pm at Alton Baker Park	Aug 27 8:00 am at Alton Baker Park 4:00 pm at Alton Baker Park	Aug 28 4:00 pm at Alton Baker Park	Aug 29 8:00 am At Alton Baker Park	Aug 30 Run on your own
Aug 31 Rest Day	Sept 1 4:00 pm at Alton Baker Park	Sept 2 3:30 pm at Sheldon Track 5:30 pm Parents Meeting in Sheldon Seminar Room C-9	Sept 3 3:30 pm at Sheldon Track	Sept 4 3:30 pm at Sheldon Track 6:00-8:00 pm Pasta Dinner At Rosebrook's (3070 Dapple Way, 97401)	Sept 5 1:15 pm Load Bus at Sheldon 1:30 pm Bus Departs Marist XC Invite at Richardson Park, Fern Ridge 3:30 pm JV Girls 4:10 pm JV Boys 4:40 pm Varsity Girls 5:10 pm Varsity Boys	Sept 6 Possible morning practice TBA

For Pasta Dinners:

Freshmen bring desserts; Sophomores bring drinks; Juniors bring salads; Seniors bring bread
A schedule for the rest of the season will be distributed by Sept 3

Coaching Staff

Forsha, Brayce (541) 513-3182 (head coach)
Boldon, Kristin (541) 206-8410
Boldon, Tom (541) 914-3944
Regali, Erin (541) 954-4745

brayceforsha@gmail.com
kristin.boldon@comcast.net
tom44@norkenzie.net
eregali@comcast.net

The Sheldon Cross Country Team Website will be introduced the week of August 18

