

Century High School Diamondback Cross Country

Greetings to high school distance runners; stop wondering about what it takes to become an advanced runner in order to be able to race with confidence in our very competitive region; you are invited to join us in the many training opportunities that are in our area that are designed to help you become the best runner you can possibly be.

Runner Attribute Development (RAD***) Training begins June 4; FAST TUESDAYS workouts at Highland High School Iron Horse Stadium that focus on biomechanics, running-skill and speed. The following Friday June 7, we begin RAD FRIDAYS trail-runs which meet at Ross Park (pool parking lot by the baseball diamond) at 8:30 am. We shuttle from there to the designated trailhead for that week.

<u>Fast Tuesdays</u>			<u>RAD Fridays</u>		
4-Jun	6pm	*HHS	7-Jun	8:30am	West Fork Mink Creek
11-Jun	6pm	HHS	14-Jun	8:30am	Pebble Mountain Run
18-Jun	6pm	HHS	21-Jun	8:30am	Wellness Complex
25-Jun	6pm	HHS	28-Jun	8:30am	Scout Mountain One
2-Jul	6pm	HHS	5-Jul	8:30am	Sterling-Justus
9-Jul	6pm	HHS	12-Jul	8:30am	Saptree Trail
16-Jul	6pm	HHS	19-Jul	8:30am	Scout Mountain - 2
23-Jul	6pm	**CTM	26-Jul	8:30am	**CTM Camp
30-Jul	6pm	HHS	5-Aug	8:30am	Table Mountain
6-Aug	6pm	HHS			

*Highland HS, **Sierra Nevada Mountains & Ruby Mountains

Monday June 10 Century HS runners will meet for our first team Summer-training practice 8:00 am (Lower Ross Park by the Gazebo and Monkey-bars, "Toys", as we call them). The 3 day per week schedule will be announced then; location may vary.

There are several running camp options; these will be announced shortly. Plan on an important date: July 21 - July 26 (CTM High Altitude Running Camp) which has been going since 1970. The Simplot Games Track & Field Camp will be held July 8 - 10 at ISU; you can access information at simplotgames.com

***RAD Training is a part of New Western Glory (www.nwglory.com), an athletics ministry and a club in the Snake River Association of USA Track & Field. (WWW.USATF.ORG)

I hope to see you this summer!

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CHS Cross Country

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