

# 2010 Milton Cross Country

## Summer Group Runs: Dates & Locations

The Cross Country Captains have organized group runs throughout the summer. These runs are optional and you may choose to attend as many or as few as you wish. They are very informal. Often, runners prefer to have other people to run with and this is a good opportunity to run with other runners. Parents are also welcome to join these summer runs. Captains Practices will be held 6 days each week as follows:

### **LOCATIONS BY DAY**

#### **Saturday/Sunday:**

8:00a – Summit Hill Elementary School  
Meet in the parking lot

#### **Monday:**

6:00 PM – Wills Park  
Meet at Wacky World

#### **Tuesday:**

6:00 PM – Webb Bridge Park  
Meet in front of the soccer fields

#### **Wednesday:**

6:00 PM – Sweet Apple Elementary  
Etris Rd side parking lot

#### **Thursday:**

6:00 PM – Milton High School  
Meet on the front steps

\*\*\*There will also be organized group outings to run at Kennesaw Mountain and Sweetapple Elementary School (our new region meet course). Please look for communications from the captains & announcements on the website for information in regards to these special captain group runs during the summer.