



MARLBORO BOYS & GIRLS CLUB

CROSS COUNTRY 2022



"THE MULTI-TALENTED TEAM"

Marlboro Track is a co-ed, competitive track and field program offered through Marlboro Boys' and Girls' Club (MBGC). We are a member of the Amateur Athletic Union (AAU) and United States of America Track & Field, Inc. In addition to Outdoor and Indoor Track and Field, we also offer Cross Country. Our Cross Country program emphasizes the basic building blocks of training which includes age-appropriate long runs, tempo work, and long and short intervals interspersed with maintenance and recovery runs, as well as how to incorporate terrain, elevation, and course changes. The program emphasizes individual growth and development, self-discipline.

We will be holding our first Cross Country Practice on **Wednesday, September 7th at 6:00PM** (dress for the weather and be prepared to run) at Frederick Douglas High School Track (practice is tentatively planned for three (3) days per week – Monday, Wednesday, and Thursday) 6:00-7:00pm. Participation in all practices and meets is strongly encouraged but not required. Our practice locations will shift to ensure that we provide different terrains, etc., for practice (e.g., Melwood Park area; Woodrow Wilson Bridge, etc.) and we will finalize days and times for practice after reviewing the proposed meet schedule, etc.

The Cross-Country Season is a "fast" season with limited practices and "short" meets. As a result, athletes can participate in, and reap the benefits of, Cross Country while simultaneously participating in other sports and activities. Even if you are unable to commit to all practices or meets (i.e., due to other activities, etc.) – participation is DEFINITELY worth it!

If you participated in the Outdoor Track 2022 Season, there is no cost for participating in the Cross-Country Program practices; if you did not participate in the Outdoor Track 2022 Season the cost is \$50.00. Once the meet schedule is finalized (and we review the number or types of meets we will attend), we will let **all participants** know of any additional fees for **meet participation**. The team is open to all registered athletes who participated in our Outdoor Track 2022 program and any other boys and girls with a positive attitude, ages 7 –18 as of 12/31/22 (athletes ages 5-6 MAY be accepted following evaluation).

Please respond to this e-mail if you are interested in participating in the Cross-Country Season and/or plan on attending the first practice.

For general info you may leave a message on our website at <http://www.marlborotrack.com>. For immediate questions you may contact: Mitch Mitchell (Track Commissioner) at mitchjamitchell@aol.com or 202-258-1768. Also, be sure to "friend us" on Facebook.