

Happy Mid June Y'all,

I hope this email finds you enjoying your summer! Some very exciting reminders... we have many Bruins qualified & scheduled to compete this weekend at the Nike Outdoor National Championship in Eugene Oregon! Please cheer them on via the live stream:

https://nikeoutdoornationals.runnerspace.com/eprofile.php?event_id=14188&do=videos&folder_id=11547

We have officially started our Ponderosa Cross Country summer team runs 3x a week. We would love for any new Bruins interested in CC to join our Remind 101 App and XCStats.com in order to receive our team summer run reminders and our team emails. Here is the link to join our Ponderosa Distance Runners Remind 101 App:
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Here is the link to join our Ponderosa Distance Runners Remind 101

App: <https://www.remind.com/join/phsdistan>. Please note the Remind 101 App is now only sending messages in the App and does not send it via text alerts. Thus you MUST check your app!

Here is how to join XCStats.com as a new athlete (and please be sure to include at least 1 parent/guardian contact info when registering as a new athlete).

<https://www.xcstats.com/docs/GettingStartedwithXCStats.pdf>

Our Ponderosa team registration code for XCStats.com is "digdig!"

Tomorrow, Wednesday, June 18th @ 8am we will meet and do one of our summer team trail runs. Head Coach Norwood and Assistant Coach Spiess will both be in attendance at tomorrow's run. Any and all can join us (parents, neighbors, younger siblings, visiting friends/ family) at whatever pace is appropriate for each individual (walk/ jog/ run).

We will meet Wednesdays @ Acorn Creek trail, 1 mile up Salmon Falls Rd after crossing the bridge, the Parking lot is on the righthand side.

Saturdays long runs at 8am at Cronan Ranch (5 mi north of Lotus just off Hwy 49 on Pedro Hill Rd). Mondays we meet 8am @ top of Palmer Dr.

All team summer runs please plan to eat breakfast before hand, bring water and a snack. Athletes should come ready to run with appropriate gear (trail shoes, socks, shirt, shorts) & sunscreen on!

I look forward to seeing you out at our morning team summer runs and I hope this helps for your planning purposes!

Coach Karen Norwood & the Bruin CC Coaching Staff