

Hi All PHS CC Staff, Athletes Families and Fans,

Today @ practice it sounded like there were a lot of excitement for this weekends races, but also some anxious and nervous newbies about this Saturday's race @ Frogtown. This e-mail is just to give some additional information to help ease some of the nerves. The videos linked below will give an elevation profile and then lead into a fly over.

Fly over course at Frogtown, Calaveras Country Fair Grounds Course of Frogtown from Jesuit youtube - Frogtown Cross Country

[2 mile course](#)

[3 mile course](#)

ALL BRUIN CC Athletes came home with their race sheets today, both Woodbridge and Frogtown runners! PLEASE have your race sheets with you tomorrow, Coaches will be checking them! *SET THOSE GOALS IN XCSTATS!!!

Parents / Families please use our [athletic.net schedule](#) to access all information provided to us by the meet directors. Both meets have a lot of information that can be found by clicking on the "Meet Information" tab once on that event listed on our season schedule, scroll down to "Download Meet Files".

[Woodbridge also has a website for the meet that can be accessed here.](#)

For Woodbridge our Bruins will be in the Green Varsity B Boys Race @ 8:10am, & Green Varsity B Girls Race @ 8:30am on Saturday morning with Emmy Angelo racing in the Rated Girls Race @ 8:54pm!

- The meet will have real-time results at [AthleticLIVE](#) for teams and individuals at the 1-mile, 2-mile, and end of race marks.
- [RunnerSpace](#) will live-stream (entirely) each race.

We wish the best of luck to ALL of our Bruins both @ Woodbridge and @ Frogtown this weekend! Anyone coming out to Frogtown we could use some team snacks (fruit, veggies, protein bars, trail mix, etc.) to help us make it through the long day with travel and races! I hope this helps for your planning purposes and to answer all of those last minute questions and concerns.

:) Coach Karen Norwood

Working hard to get better...GO BRUINS!

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