Hello all athletes, parents, and supporters of PHS CC!

Just a friendly reminder that *TONIGHT 10/26 at 5pm, we are having a re-do Shoe Night* at Gold Country Run & Sport in El Dorado Hills Town Center to makeup for our missed pizza & beverages earlier in the season. All athletes and families are welcome to attend, even if you already have shoes! This would be a great time to get your gait analysis done if you didn't have a chance earlier in the season, or take a look at some racing or workout shoes if yours are in need of some TLC before League Finals this week and Subsections soon! There will still be a 20% discount on any shoes or gear purchased (with the exclusion of watches).

Some other important reminders for this week:

Tuesday 10/27

Captains please remember to sign up for TUESDAY Captains Meeting FLEX instead of Thursday (we will be gone @ League Finals). Reserved for CAPTAINS ONLY, no other CC athletes please.

Wednesday 10/28

Hopeful early release from pre-meet practice. Team gear needed to be gathered to be ready to pack bus at Thursday early dismissal time. We are still in need of BODY ARMOR donations!

Thursday 10/29 - CVC League Finals!

Captains out of class at 11:15am, all other cc athletes out of class at 11:30am. Change into racing gear and warm-ups, head to P-1 to help gather team gear, take roll, load bus, depart PHS by 11:45am. Arrive to PHOENIX PARK (not Great Park, sorry!). We do plan to have the bus stop at Chipotle again following our final race & team cleanup. A race sheet will additional information will be sent out shortly.

Friday 10/30 - TEAM SCAVENGER HUNT!!!

The long-awaited annual team scavenger hunt will be this Friday following our CVC League Finals. Captains will be forming teams earlier in the week to help prepare athletes and make plans regarding costumes (yes, costumes will earn bonus points!). This will be a full-length practice, and we have had this activity take longer than our normal practice time occasionally. The coaching staff will work hard to give athletes a time cutoff to not exceed our 5:45 dismissal time.

Saturday 10/31 - HALLOWEEN & LONG RUN

As of right now, coaches still plan to host a long run on Saturday 10/31. Feel free to arrive in a costume you can run in! Location and time TBD.

Please reach out if you have any questions or concerns as we lead into this extremely busy week.

Always working hard to get better.... GO BRUINS!

Coach N.