

2016 MACH Cross Country

mach [mahk] (noun) - a number indicating the ratio of the speed of an object to the speed of sound in the medium through which the object is moving

Michigan Athletic Club for Homeschoolers

<http://www.machsports.org>

Who:

Homeschooled students in grades 3-12

When:

**Practices begin August 16th, 2016 (season runs through mid-October),
and will be held from 6:00 pm to 7:30 pm**

Where:

Tuesday: Boulan Park, Troy

(Crooks, between Big Beaver and Wattles)

Wednesday: Clawson Park, Clawson

(Off W. Elmwood Ave., between Crooks and Main, and between 14 Mile and 15 Mile)

Thursday: Civic Center Park, Madison Heights

(13 Mile, between Stephenson and John R)

***Runners may attend any one, two, or all three practices each week. If they want to
be competitive at meets, practice attendance is important.**

**If a runner does not wish to run competitively, they can choose to participate in
practices only.**

All high school races are 3.1 miles

3rd-8th grade races vary in distance up to 2.1 miles

Cost is \$35 per runner

This includes:

- **Practices/Training (volunteer parent coaches)**
 - **A club T-shirt**
 - **Entry in races**
 - **End-of-Season Party**

A tentative schedule of meets is on the website.

**Please fill out the attached registration form to sign up for the 2016
MACH Cross Country team.**

questions?:

Coaches Ryan and Melanie Smith: machcrosscountry@gmail.com

Home phone: 248-439-2095

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