

# **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**

**3<sup>rd</sup>-8<sup>th</sup> 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](mailto:machcrosscountry@gmail.com)**

<http://www.machsports.org>