

2017 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

www.machsports.org

Who:

Homeschooled students in grades 3-12

When:

**Practices begin August 16th, 2017 (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 2017 MACH Cross Country team.

Questions?

Coaches Ryan and Melanie Smith: machcrosscountry@gmail.com

www.machsports.org