MACH CROSS COUNTRY 2018

MICHIGAN ATHLETIC CLUB FOR HOMESCHOOLERS

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[WWW.MACHSPORTSCC@GMAIL.COM](http://WWW.MACHSPORTSCC@GMAIL.COM) Visit our FB Page 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.

**Join the 2018 Homeschool Cross Country Running Club**

**Students K-12 Grade-(no experience to join)**

**Details:**

**Practices begin August 7th (Season runs through mid October). Participants are not required to attend all practices but strongly encouraged to be competitive, especially in upper grades.**

**All practices are from 6:00-7:30pm. Locations Vary, See Below**

**Monday- High School only- Run Night (7th- 8th gr. invited) - Civic Center Park, 13 & John R. (360 w. 13 Mile).**

**Tuesday- All MACH runners-Delia Park, 18 and Ryan (3499 18 Mile Road).**

**Thursday- ALL MACH runners-Boulan Park, 17 and Crooks (1898 Boulan Park Dr).**

**Saturday- Race Days- race dates are being finalized. You are not required to participate in races.**

**NOTE: All high school races are 5K (3.1 miles). 3rd-8th grade races vary in distance up to 2.1 miles.**

**\*Join us for a FUN RUN AND Informational meeting about MACH Cross Country on Tuesday July 31st at 6pm @ Delia Park, 3499 18 Mile Road (off 18 Mile north side, between Ryan and Dequindre).**

**There will be registration forms there to fill out or fill out the attached form and bring to fun run or mail with check. Details Provided on Registration From. INVITE A FRIEND OR TWO.**

Registration or program questions: Cathy Rowan 586-214-5741 [machsportscc@gmail.com](mailto:machsportscc@gmail.com)

High School Coach: 9th-12th Maureen Horvath 586-895-0039 [Maureenbear@gmail.com](mailto:Maureenbear@gmail.com)

Middle School Coach: 3rd-8th-Heather Messina 586-899-9896 hmess1982@hotmail.com

Practice Squad Coach K-2nd Sarah/ Jeremy Bliss & Cathy Rowan (Sarah)-586-914-4378 sarahbliss@comcast.net

**3rd-8th gr. contact Coach Heather & 9th-12th gr. contact Coach Maureen if you know you will miss practice.**

**Cost: Middle School and High School: 3rd-12th grade $40.00\***

**Cost: K-2nd grade $25.00\*\* See Cathy Rowan if you have someone ready to run that is under 5.**

**\*3rd-12th will have up to 3 practices a week, club t-shirt, entry to races, race day snacks & yearend party.**

**\*\*K-2 will have 1-2 races, 2 practices a week, club T-shirt, race day snacks & drinks & end of the year party.**