

2017 LIBERTY XC



Liberty Distance has runs scheduled for all levels of ability and is not limited to Liberty students. Anyone is welcome to attend, from friends and parents to community members and alumni. Summer Runs are not practices and are not required to be eligible to compete for the team. They are an opportunity to have a common site and time to go for a run during the summer months.

We meet near the tennis courts at Liberty @ 9:30am, *Mon-Wed-Fri* and various locations the other days of the week. The runs from Liberty are geared to all levels of fitness and pace. Distances can be anywhere from 2 ~ 8 miles depending on the group choice as there are usually multiple groups doing different runs & paces.

Runs off-site are intended for Varsity level runners and are mostly 6 ~ 8 miles on trails/hills. All our runs will be posted on the Liberty Distance home page. Incoming freshman/new runners are encouraged to attend a *Mon-Wed-Fri* run to meet the group and get more info on the upcoming season.

Our first official practice for the season is on Aug. 21st, 2:30pm on the Liberty Track. Please visit the school Athletic Page and download, fillout and submit the package to the Athletic secretary before the 1st practice to be on the team roster.

https://connect.issaquah.wednet.edu/high/liberty/liberty_athletics/?Redirected=true

Contact Coach Smith for more info: Smithm@issaquah.wednet.edu