

2026 Fall Cross Country

If you're new to cross country, get ready for the **easy button** sport. All your kids need is running shoes. No bats, balls, bags etc. Practice consists ofwait for it....running.

There's A LOT of information here. I've tried to anticipate your questions.

Who are the Coaches:

Coach Nelson, Coach McCoy and Coach Albers

Question: What do you guys love about coaching XCcountry?

Answer: We get to workout while getting parent hours. #truth. But seriously, we love showing today's middle schoolers how great this sport is.

Goals:

Your child will learn how to run without stopping, set goals, pace themselves and fuel correctly (ie not puke at the finish line.) And, it's a sport that is measured in personal growth.

XCcountry is a time efficient way for kids to "shake the day." We are big proponents of the mental health aspects of running and we will incorporate mindfulness and school virtues in training.

WEAR: running shoes, shorts, shirt (preferably dry-fit), hat or visor

BRING: water bottle

EAT: light snack. Granola bar or fruit...nothing heavy

Practice location and time:

Time: 3:15 - 4:00 DAYS of WEEK Monday and Thursday

We know a lot of families are doing multiple sports and need some flexibility to fit in homework, commuting, etc.

If your runner needs a ride, please meet at the 8th grade tables.

If we can start practice right at 3:15...it's doable to be done in 45 minutes.

This means 7th and 8th graders will have to HUSTLE after school to change and get to cars immediately.

Also, kids will be expected to train 1-2 x a week on their own. We're talking a 15 minute run around the neighborhood. And, kids will be encouraged to guilt a parent into getting off the couch and running with them.

Question: Do I need to let you know if my kid won't be at practice?

Answer: No. But, if they rarely show up and are slowing down the group because they haven't put in the training time on their own, it won't be a good fit.

Question: My kid is an amazing runner. Can my kid do the meets but not any practices?

Answer: No, we're still a team. Respect the process and the flexibility we show to other team sports.

Location:

William B. Pond Recreation Area
5-7 minute drive from SI

Pass through the kiosk, drive into the park and look for the first main parking lot on the left. You will see the bathrooms and covered picnic tables.

The park **charges for parking**. You should be able to drive in and drop off w/o paying . But, if a ranger happens to patrol a lot and sees your empty car without a parking permit or daily tag, expect a ticket.

Pro Gamer tip: buy a yearly American River Parkway pass for \$70. It's good at all entry points to the parkway, eliminates the "*omg I have no cash/ how can the county seriously require cash*" moments in the car. (Not exactly a teachable moment with kids in the car.)

Question: Do you make a commission for selling Parkway passes?

Answer: No, but I could turn it into a decent side hustle.

Link to buy a pass online: can take 3-5 days to arrive

<https://regionalparks.saccounty.gov/Parks/Pages/AnnualPass.aspx>

List of locations to purchase in person

Carmichael / Fair Oaks / Citrus Heights

- American River Raft Rentals: 11257 S Bridge Street, Fair Oaks, CA
- Bobs Cycle Center: 9920 Fair Oaks Blvd, Fair Oaks, CA
- Effie Yeaw Nature Center: 2850 San Lorenzo Way, Carmichael, CA
- Patriot Bicycle: 7441 Madison Ave, Citrus Heights, CA

Downtown / Arden

- Fleet Feet Sacramento: 2311 J St, Sac, CA
- Rack N Road Car Racks and Hitch Superstores: 2021 Arden Way, Sacramento, CA
- REI: 1790 Expo Pkwy, Sacramento, CA 95815
- Sacramento Running Company: 2673 21st Street, Sacramento, CA 95818

Rancho Cordova / Folsom

- Mike's Bikes Folsom : 705 Gold Lake Dr #320, Folsom, CA
- REI: 2425 Iron Point Rd, Folsom, CA 95630
- Sportsman's Warehouse: 2344 Sunrise Blvd, Rancho Cordova, CA

Elk Grove / South Sacramento

- Fleet Feet Laguna: 7460 Elk Grove Blvd Ste 120, Elk Grove, CA
- REI: 9145 W Stockton Blvd, Elk Grove, CA 95758

Roseville / North Sacramento

- Fly Fishing Specialties: 6360 Tupelo Dr. Citrus Heights, CA
- Natomas Bike Shop: 3291 Truxel Rd Ste 30, Sacramento, CA
- REI: 1148 Galleria Blvd, Roseville, CA 95678

Parent Volunteer Needs: Way to earn Sport Parent Hours

*Volunteer parent driver to practice

*Parent sweep runners —will run with the group at practice to make sure the group stays together.

Requirement: must be able to keep up with an 11 year old kid

*Backpack/Water bottle watcher/Check out runners

Requirement: have a comfy chair, grab a book, podcast, snack, etc. Watch our stuff and check out runners when they make it back to the gazebo.

Question: Will the coaches track my parent hours?

Answer: Nope. You're on your own to do that. If parent sweep or carpool don't work for you, we'll suggest other options as needs arise.

XCOUNTRY MEETS

We will take part in 2 Sacramento Running Association(SRA) meets, which are on Friday afternoons after school. More info to come. But, here's the good stuff. Your child's actual athletic participation will take anywhere from 9-14 minutes. And then you are free to move onto your Friday evening celebrations.

The meet dates are:

Sept 11(American River College)

Oct 9 (American River College)

The times are the same for both meets:

- 4:45pm- 6th grade and under Girls
- 5:05pm- 6th grade and under Boys/Open
- 5:25pm- 7th and 8th grade Girls
- 5:45pm- 7th and 8th grade Boys/Open

We will also take part in the PAL practice meets and Championship meet, both held at Jesuit High School. These will be Sunday mornings. Your coffee will still be hot!!!

The meet dates are:

Sept 27th- Practice Meet

Oct 11- Practice Meet

Oct 25- PAL Championships

Your runner would need to participate in at least one of the SRA or a PAL practice meet in order to be eligible for the Championship meet.