

Come Join the Fun!

Manhattan Cross Country Club

Club overview

The Manhattan Cross Country Club was formed in August, 2004 to encourage age-appropriate distance running for youth. Though based in Manhattan, the club is open to youth from around the region. The club's primary focus is participation and fun. Athletes are encouraged to reach for self-improvement through goal-setting, self-respect, teamwork and respect for others. Success in the Manhattan Cross Country Club is based on enjoyment of sport and confidence-building.

2005 Season

Middle School Program (Grades 6-8)

- Practice begins August 22 at Northeast Community Park
- Practices are Monday, Tuesday, Thursday, 5:45 p.m. to 6:45 p.m.
- Five meets planned between Sept. 10 and Oct. 8.
- Minimal travel: Meets are in Manhattan, Riley, Wamego and Emporia.
- \$10 membership fee includes entry to meets, t-shirt and club benefits.

Elementary School Program (Grades 3-5)

- Practice begins Sept. 6 at Northeast Community Park.
- Practices are Monday, Tuesday, Thursday, 5:15 p.m. to 5:45 p.m.
- Three-week program ends with Manhattan Youth Cross Country Festival on Sept 24 where all youth will run for "Finisher's Medals."
- All training is age- and skill-appropriate, starting from one-quarter mile on up.
- \$10 membership fee includes Sept. 24 entry fee, t-shirt and club benefits

All youth (Grades 8 and younger)

The Manhattan Youth Cross Country Festival will be held at Northeast Community Park on Sept. 24. This event will be sanctioned by USA Track and Field, Missouri Valley Association, and will provide finisher's medals to all youth.

- Anticipated distances to be run, by age group:
 - Grades 2-younger → one-half mile
 - Grades 3-5 → one mile
 - Grades 6-8 → 1.5 or 2 miles
- Free entry for Manhattan Cross Country Club members; \$1 for all others!



Registration is open for Fall, 2005!

Sign up immediately to begin receiving club benefits, including discounts from area businesses, summer information on events, running opportunities, upcoming meetings, club updates and more. Contact Pat Melgares at 770-9530, or melgares@oznet.ksu.edu.