2016 THS Cross Country Schedule

**Athletic Director**: Justin Herrguth, 707.696.1232 [jherrguth@thehealdsburgschool.org](mailto:jherrguth@thehealdsburgschool.org)

**Head Coach**: Jeff Ravine, 310.567.1970 [jravine@thehealdsburgschool.org](mailto:jravine@thehealdsburgschool.org)

**Cross Country Events:**

* **Course walk through @ 3:45 each date**
* **5th grade race @ 4:00 each date**
* **6-8th grade race to follow @ 4:15 each date**

**Day Date Location and Host School**

**Tue 9/20 Spring Lake Park-** 5690 Newanga Ave, Santa Rosa **Host: RVC**

**Start is at the boat ramp**

**Tue 9/27 TBD...**

**Tue 10/4 Riverfront Regional Park -** 7821 Eastside Rd, Healdsburg **Host: THS**

\*\***14 VOLUNTEERS NEEDED\*\***

**Wed 10/5 Grades 2-4. Riverfront Regional Park -** 7821 Eastside Rd, Healdsburg

**Host: THS \*\*League runners grades 5-8 plus 8 parents to volunteer\*\***

**Tue 10/11 Sonoma Country Day School -** 4400 Day School Pl, Santa Rosa **Host: SCDS**