

*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 all 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.

## **Regular Season Program (Grades 8 and younger)**

- Practice begins in late August at Northeast Community Park
- Practices are Monday, Tuesday, Thursday, 5:30 p.m. to 6:30 p.m. (may be adjusted)
- All club members will run at the Manhattan Youth Cross Country Festival at Warner Park, and the Riley County Invitational in Leonardville the first week of October
- \$10 membership fee includes entry to meets, t-shirt and club benefits.

## **Post-season Opportunities**

- Coaches can provide information to those interested in running in post-season meets sponsored by USA Track and Field; AAU; or any other organization. Please ask!
- Information will be sent to club members throughout the year on area races where Club members and families receive discounts on entry fees.

## **Registration is Always Open!**

We try to maintain a few activities throughout the year, and communicate regularly via email. For information on upcoming events, running opportunities, upcoming meetings, club updates and more, contact Pat Melgares at 770-9530, or [melgares@LetsGoRun.com](mailto:melgares@LetsGoRun.com).