



# CROSS COUNTRY TRACK FALL 2020

## Get out and run with Coach Ali Regan!

This program will be held on Tuesdays & Thursdays. We will be following a COVID-19 program plan. There will be 45 minute time slots to minimize socialization. Time slots will start at 5:00PM. Groups of 10 or less will be assigned to each slot. Siblings will be kept together. This 5 week program will run from 9/15/2020 to 10/15/2020. Masks must be worn when not participating in strenuous activity. \$75 per person.



**REGISTRATION  
STARTS  
SEPTEMBER 4TH**

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**STARTS TUESDAY  
9/15/2020**

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**1 TEE SHIRT PER  
PARTICIPANT**

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**FOR BOYS & GIRLS  
FROM  
2<sup>ND</sup>-8<sup>TH</sup> GRADES**

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**NO MEETS ON  
WEEKENDS**

## **RUTHERFORD RECREATION DEPARTMENT**

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