



WILDCAT XC

RUNNING

Any Wachter students interested in running WMS Cross Country in the fall are welcome to join in our summer training program! Get in shape, meet new friends, learn about running, and have fun!

RUNS INCLUDE:

- TRAIL RUNS
- BIKE DAYS
- RUNNING GAMES
- RUNS WITH BHS!

★ Any cancellations or changes will be posted on the Wachter XC Facebook page

★ Until we start in July you are welcome to attend any BHS XC practice starting in June. The BHS schedule is on the back of this page.

RUNNING SCHEDULE:

Starting on July 18th
8:30-9:30 am. Runs will start after a brief warm-up...so be on time! Wear good shoes and bring your own water!

M-RIVERWOOD GOLF COURSE Parking lot
T-WACHTER Soccer field
Th-Hughes football field
Wednesday and Fridays are optional to come and run with BHS!

Contact information:

Coach Kim Hanson: kimberly_hanson@bismarckschools.org

Coach Kimberly Hager: kimberly_hager@bismarckschools.org



BHS/WMS Cross Country Summer Running

8:30 AM beginning June 13th

Monday - Riverwood Golf Course

Tuesday - Wachter Soccer field

Wednesday- Sertoma Amusement Park

Thursday- Hughes Field

Friday - Riverwood Golf Course