



2018 Rio Americano CROSS COUNTRY

Coaching Staff

Anton Escay (Co-head Coach): (916) 801-8110 / antonescay@hotmail.com

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Website

Bookmark **riotrackxc.com** to stay updated on all things Rio Running.

Communications

Visit **riotrackxc.com** and click the link to join the Cross Country newsletter mailing list (or visit <http://eepurl.com/dtDPHL>). We will use this list as our primary communication tool throughout the season.

Summer Schedule

Non-mandatory Summer running will begin on **June 18th at 6:00-7:30 p.m. at Bella Bru Cafe** (5038 Fair Oaks Blvd. Carmichael, CA 95608). Coach Anton will host every Monday, Wednesday, and Friday.



Tahoe/Donner trip July 20-22. Cost per child is \$100 payable to Anton Escay please respond by June 20th if your child is interested in attending. Rsvp to antonescay@hotmail.com.

UPDATE (6/4/2018)

The Cross Country Meet and Greet Pizza Night previously scheduled for June 9th from 5:30 - 7:30 p.m. at Roma's Pizza has been RESCHEDULED to 7:30 p.m. on June 18th after the first session of the Summer running program at Bella Bru Cafe (5038 Fair Oaks Blvd. Carmichael, CA 95608).

We hope this helps align better with everyone's busy summer schedules.

2018 Race schedule

- Sept. 1 Lagoon Valley (Vacaville)
- Sept. 15 Woodbridge Invitational (Norco)
- Sept. 22 Pacific Tiger (Stockton)
- Sept. 29 Capital Cross (Hagen Oaks)
- Oct. 10 Center Meet (TBD)
- Oct. 17 Hoka Postal Meet (Jesuit Hs.)
- Oct. 24 League Champs (Willow Hills)
- Nov. 3 Sub Sections (Angels Camp)
- Nov. 10 Sections (Willow Hills)
- Nov. 24 State Meet (Fresno)