

In the lieu of team meals, this year we would like to offer an alternative way for parents to support our team. (Many of our athletes have work and other obligations, making team meal attendance unrealistic.)

We know runners are always hungry after a race. If you would like to provide a healthy post-race treat, please sign up for possible dates that work for you, and Hauptsteen will send out a finalized schedule for the season and an approximate number of runners.

The idea is to keep this simple: think popsicles on scorching hot meats, peanut butter and crackers, sliced fruit, granola bars, Gatorade, etc. Nothing that should take a lot of time to prepare, and something that will provide good nutrition for our athletes.

If you would like to provide treats, please put your name and what you'd be willing to bring next to any dates that would work for you. A schedule will come home with your athlete by Friday, August 12.

Thursday 8/25 SE Valley (Gowrie) _____

Tuesday 8/30 Webster City (Links) _____

Tuesday 9/6 Belmond (Belmond Golf Course) _____

Thursday 9/15 Clear Lake (Baptist Camp) _____

Monday 9/19 Humboldt (Sheldon Park) _____

Monday 9/26 Algona (River Road GC) _____

Thursday 9/29 Hampton (Maynes Grove) _____

Tuesday 10/4 Eagle Grove (EG Golf Course) _____

Tuesday 10/11 NCC Meet @Hampton (Maynes Grove) _____

Thursday 10/20 Districts (TBA) _____