

First XC Practice will be Tuesday, August 25<sup>th</sup> from 4pm to 6pm at Rowlett Park (2401 E Yukon Street, Tampa, FL) weather permitting. You must have your athletic medical clearance in order to practice. No clearance = no running. Please email Coach Rinard at [jrinard@krflorida.com](mailto:jrinard@krflorida.com) if you are interested in joining the team and/or have any questions.

There is a parent-runner zoom meeting scheduled online tonight at 8pm to provide a season overview.

Here is the link:

Join Zoom Meeting <https://us02web.zoom.us/j/88185223530> Meeting ID: 881 8522 3530 One tap mobile +13017158592,,88185223530# US (Germantown) +13126266799,,88185223530# US (Chicago) Dial by your location +1 301 715 8592 US (Germantown) +1 312 626 6799 US (Chicago) +1 929 436 2866 US (New York) +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston) +1 669 900 6833 US (San Jose) Meeting ID: 881 8522 3530 Find your local number: <https://us02web.zoom.us/j/88185223530>