



“Leading the Pack” Cross Country Program

Illinois RUSH Track Club is a member of USATF and offers a cross-country program for students of Joliet School District 86 which gives them the opportunity to experience the joy of distance running, learn exercises/techniques to improve their speed/strength/endurance, and run with other students their age and ability.

Three Programs Offered:

- **Joining the Pack: K-5 grades, Co-Ed**
Introductory to Cross Country program emphasizes the fundamentals of cross country and sportsmanship. Beginning runners learn basic running techniques and the importance of healthy lifestyle using the “Kids Run the Nation” program.
- **Running with the Pack: Grades 6-8, Co-Ed**
Program focuses on strength, flexibility, endurance, technique and speed, and all athletes will learn lifelong lessons for effective stretching practices, good running form, and pacing.
- **Leading the Pack: Grades 9-12, Co-Ed**
Program focuses on higher levels of high intensity interval training. Runners learn the TABATA training program to increase speed and endurance.



Be the “Leader of the Pack!”
Join Illinois RUSH Cross Country.

Registration opens Wednesday, August 29, 2012 through Monday, September 10, 2012
For more information call Coach Nicole at 815-556-9650 or email her at
coach.nicole.lincoln@gmail.com
Cost: \$25 per athlete

Attention Parents! Students in Grades 6 – 12 can do school and non-school participation at the same time in the same sport per IESA and IHSA ruling! As a traveling club, we make modifications to our program to accommodate your child’s school running program. Please speak with our coaches regarding this matter. For more information on the IESA and IHSA rulings, please visit the following websites:

- IESA (By-Law 3.042): <http://www.iesa.org/news/2012-2013/bylaw3.042.asp>
- IHSA (By-Law 3.100): <http://www.ihsa.org/AbouttheIHSA/ConstitutionBylawsPolicies.aspx>