Hello parents/guardians

We hope you all had a great summer break. We hope everyone is ready for the GCR Fall season!

The focus of the GCR Fall Cross Country season is to prepare the team to build cardio endurance to run.

The goal for each level is as follows:

Lower Elementary 1K

Upper Elementary 2K

Middle School 3K

The coaches will design specific track workouts to incrementally challenge the runners to accomplish their goals by the end of the season.

The GCR youth teams will be practicing at the Naples High School Track from 5:30-6:30.

The calendar is posted below. Dates are subject to change if Naples High has to add a school-related function.

There will be up to two rain out or make-up days due to the above (1) statement will be scheduled at the end of the season. (Only days it is posted earlier, not active rainouts when all parties show up). Please check social media for weather updates.

We look forward to seeing all of you for the fall session.

Elementary and Middle School sign up is live on the GCR youth page.

https://runsignup.com/Race/FL/Naples/ClubXC

GCR - Elevate Middle School (Mon. and Wed.)

$99

08/23 - 10/25

5:30PM EDT
-
6:30PM EDT

Registration ends October 13, 2023 at 11:59pm EDT

Open to ages 10 - 16.

Sign Up

K - 5th Grade (Mon/ Wed)

$99

08/23 - 10/18

5:30PM EDT
-
6:30PM EDT

Registration ends October 11, 2023 at 11:59pm EDT

Open to ages 4 - 11.

Sign Up

Gulf Coast Runners Youth Team			
Fall Cross Country Session (Elementary & Middle) 2023-2024 5:30-6:30pm			
Date	Monday	Wednesday	Location
August 23		✓	Naples High Track
August 28	✓		Naples High Track
August 30		✓	Naples High Track
September 6		✓	Naples High Track
September 11	✓		Naples High Track
September 13		✓	Naples High Track
September 18	✓		Naples High Track
September 20		✓	Naples High Track
September 27		✓	Naples High Track
October 2	✓		Naples High Track
October 4		✓	Naples High Track
October 9	✓		Naples High Track