



# 2019 Runnin' Rattlers



**Week 2: September 2nd — September 8th:**

**Monday– Sept 2nd– NO SCHOOL! There is nothing like starting the week off with a day off!**

**Last week review:**

What a start to the season! I cannot emphasize it enough! I am extremely proud of the team, we got a good look at what summer training did for us this year and it made a big difference. From looking at last years times, almost all returners beat their times by 20-30 seconds. Some beat their times by over 2 minutes!!!! If you would like to look at the results; visit <http://www.allsportstiming.com/results/>.

This week is going to be fast and furious. Coming up we have the Pflugerville Invitational held at Northeast Metro Park in Austin. This is a great, flat and fast course. It is very spectator friendly course that is held around the Northeast Metro park soccer complex that is right off of the 130 toll road. The bus will leave from the high school at 6:00am sharp and the Varsity girls will take off first at 8:00am. Please come out and support all the kids as we look to build off of last weeks success.

**Important Reminders:**

**Monday: Sept 2nd– Labor Day**  
**No School = No Practice!!!!**

**Friday: Sept 6th-**

**Pflugerville Invitational**

**Runners of the Week!**

**Boy:**

Mateo Alvear

**Girl:**

Marcella Smith

<b>Practice Schedule</b>		
	<b>Morning</b>	<b>Afternoon</b>
<b>Monday</b>	No practice	No practice
<b>Tuesday</b>	6:45 - 8:50	No Practice
<b>Wednesday</b>	6:45 - 8:50	4:20 - 5:20
<b>Thursday</b>	6:45 - 8:50	No Practice
<b>Friday</b>	6:45 - 8:50	No Practice
<b>Saturday</b>	RACE!!!	No Practice
<b>Sunday</b>	No Practice	No Practice



Congratulations all of the runners this week on their stellar performances! You all ran great and this season is going to be a blast!



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## **Week 2: September 2nd — September 8th:**

10th Annual Pflugerville ISD Cross Country Invitational

North East Park

Date: Friday, September 6th , 2019

**North East Metropolitan Park**

**Pecan St. and Toll Road 130**

Race Times:

If daylight permits, we will go on schedule.

- 7:30 a.m. Packet Pickups
- 8:00 a.m. Division I-Varsity Girls 5-6A- 5K**
- 8:30 a.m. Division I-Varsity Boys 5-6A- 5K**
- 9:00 a.m. Division II-Varsity Girls 1-4A- 2 miles
- 9:30 a.m. Division II-Varsity Boys 1-4A- 5K
- 10:00 a.m. Junior Varsity Division I Girls- 2 miles**
- 10:30 a.m. Junior Varsity Division I Boys- 5K**
- 11:00 a.m. Junior Varsity Division II Girls- 2 miles
- 11:30 p.m. Junior Varsity Division II Boys- 5K

Course: A flat, grass course, at the city soccer complex.

Timing: Pro-Fit Race Timing

**Directions:** Take the Pflugerville/Wells Branch exit (#247) off IH-35. Head east but stay to the left of the HEB and you will be on FM 1825. The park entrance is about one mile past where FM 685 and Dessau Rd meet at the “new” HEB. Alternate route is to take FM 685 from the north or Dessau Rd from the south and turn east at the HEB at Pecan St. We will meet at the Soccer Complex and walk to the starting line.

Awards: Medals for the top 15 runners in each division. A plaque will be given to the top team in each division.

Parking: There will be plenty of parking as this is typically used as a soccer complex. Tents will be welcome.

## **BUS WILL LEAVE AT 6:00AM**