



## CROSS COUNTRY

### 2025 Season Schedule:

DAY	DATE	TIME	LOCATION	DISTANCE (2022)
Thursday	3/6/25	3:45pm	Lassen View Elementary	1.67m (grass, gravel)
Thursday	3/13/25	3:45pm	Bend Elementary	1.6m (asphalt, dirt)
Thursday	3/20/25	3:45pm	Richfield Elementary	1.43m (grass, concrete, asphalt, dirt, gravel)
Thursday	3/27/25	3:45pm	RBHS (Hosted by Daybreak)	1.55m (grass, dirt)

Dear Parents,

If you are new to Daybreak, be sure to read the "About Daybreak" section below. Cross country will consist of four meets, culminating with Daybreak's own home meet.

#### Meets

All athletes should arrive early to stretch, warm up and receive the bib (number). Races are scheduled to start at 3:45, but this is subject to delay if an entire school arrives late. The top 3 boys and girls in each of the age divisions will receive a medal on the day of the race. The age divisions will be 4<sup>th</sup>-6<sup>th</sup> grade and 7<sup>th</sup>-8<sup>th</sup> grade. Depending on number of competitors, the races may be run separately or together. Organizers will attempt to produce team scores as well. Team scores require 5 runners to finish in each division.

#### Apparel

Daybreak will not provide uniforms for the 2025 season. Athletes should wear comfortable clothing and running shoes. Cross-trainers are usually best for this level because athletes can train and compete in them.

#### Training

While we will not have any official team practices, athletes are welcome to partner with friends and family to train. Here are some training programs to build up to a 2 mile distance. These assume athletes can run ½ mile at the start. It is fine to work toward the goal of being able to run the entire distance by the final meet. Note that best training strategies will intentionally alternate between running, cross-training (think bicycle or swim or something that makes you breath hard, but uses different muscles) and rest.

<https://www.verywellfit.com/beginner-training-program-to-run-two-miles-2911963>

<http://run-for-good.com/4-week-beginner-training-schedule-to-run-2-miles/>

Please feel free to call me with any questions about training or competing.

Coach Chris Hurton  
(530) 526-2524 call or text

### **About Daybreak**

Thank you for the privilege of working with your children in team sports. We hope to support the work you are doing in training them to be mature young men and women who honor God with their lives.

Daybreak is the youth ministry for Sunrise Bible Fellowship, a small Baptist church in Red Bluff.

Daybreak Athletics is our program designed to provide athletic opportunities for students in 5<sup>th</sup>-8<sup>th</sup> grade who do not have a school sponsored opportunity. This includes students from public, private, charter and homeschooled contexts. We plan to offer coed soccer in the fall, boys and girls basketball in the winter and coed slowpitch softball in the spring. We welcome 4<sup>th</sup> grade students to practices so that they can get a head start in developing skills.

Daybreak emphasizes Christ-like character and development of life skills such as self-discipline, problem solving and teamwork. We compete hard and play to win, but for the ultimate purpose of glorifying our Great God and Savior Jesus Christ.