**Mill Creek Cross Country 2019**

**Go to** [**www.millcreekcrosscountry.com**](http://www.millcreekcrosscountry.com) **to sign up!**

**On Facebook: Mill Creek XC and Distance//On Twitter: @MillCreekBoysXC, @MCXCGirls//On Youtube: MCXC Video**

**State Champions: 2012 (Boys), 2015 (Girls)**

**Region Champions: 2011-2015 (Boys), 2015 (Girls)**

**Area Champions: 2018 (Girls)**

**County Champions: 2012, 2017 (Boys), 2014, 2015 (Girls)**

Head Boys Coach/Assistant Girls Head Coach: Andy Christie- coachchristiexc@gmail.com, 404-580-1223

Head Girls Coach/Assistant Boys Head Coach: Michael Sexton- [Michael\_sexton@gwinnett.k12.ga.us](mailto:Michael_sexton@gwinnett.k12.ga.us), 404-510-0415

Assistant Coaches: Coach Gina White, Coach Patty Moore, Coach Brent Csehy, Coach Adam Aldridge

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| **General Information:**   1. You must have a current school physical to participate in Cross Country. 2. You must have passed 5 high school classes during the last semester, plus be on track to graduate. (This does not apply to rising 9th graders) 3. There are no cuts in Cross Country as we try to encourage as much participation as we can. You understand that Cross Country is not a required sport, and you agree to be a part of this team. In so doing you understand that this is a time commitment on your part. 4. You must abide by team rules at all times.   **Team Rules:**   1. Smoking—1st offense-1 meet suspension. 2nd offense-dismissal   Drinking—same as smoking  Drugs—One year suspension from all sports   1. **All runners should be dressed out for practice at the beginning of our meeting. No exceptions!** 2. Behavioral problems—Behavior not up to Mill Creek standards (generally behavior that would not be tolerated at school). If on a road trip, parents will be called and athlete will not run in that meet. In other cases, disciplinary action will be decided upon by the coaches, and if necessary, the athletic director and administrators. Parents will also be notified. School rules apply to all cross country practices and meets. All runners are required to sign a behavior contract in order to be on the team. A pattern of not following directions is considered a behavior problem. 3. You cannot talk or be on your phone during our team meeting. Whispering counts! 4. No Walking! You should only walk if you have injured yourself during the run. If you are having to stop to walk because you are tired, then you are either running too fast or too far. If you are injured, you should see Dr LoCicero, Coach Taube, or go to a doctor ASAP. **You may only sit out of drills/running if Dr. LoCicero says to, you have a note from a doctor or Coach Taube-otherwise you will do everything the team does.** 5. Not giving your best effort in all areas of practice, such as continuously not following directions for workouts, drills, or any post or pre run activities; continuous negative comments/attitudes towards teammates or team routines, etc, could result in a one meet suspension. A 2nd offense could result in dismissal from the team**.** 6. **Inappropriate behavior towards a coach, such as ignoring a coach and/or their instructions will not be tolerated. 1st offense=1 meet suspension. 2nd = dismissal from team.**   \*Situations may arise which are not covered by these rules. In these situations, coaches will make decisions and consult with parents if the situation warrants it. We will always make every attempt to be fair and consistent. | Consequences for rules violations:  **1st offense-warning**  **2nd offense-miss the next meet**  **3rd offense-miss the overnight trip (no refunds given), season concludes with Coach Wood, and will not receive a letter if you are eligible for one**  **4th offense-dismissal from the team.**  **Attendance Policies**   1. If you miss part of a practice or an entire practice for ANY REASON, **a note or email must be sent to Coach IMMEDIATELY by a teacher or parent**. NO NOTE=UNEXCUSED ABSENCE. **You must also tell a coach in person during the school day before your absence**. Sending word through a friend will count as an unexcused absence. You must also complete any running missed. Please remember we have 2 hard workout days a week-every effort should be made to not miss those days. See coach for more info. 2. After 5 excused absences for the season, you must attend 4 practices in a row in order to run the next race. After any additional absences, you must also attend 4 practices in a row before you can race. 3. If you are a member of a club, you must be able to provide your own transportation to practice after the meeting is over. You must also provide a signed note or email from the club sponsor saying you were at the meeting. **You cannot miss practice on a regular basis due to being in a club-you can attend one meeting every other week at maximum.** 4. An unexcused absence/tardy—coach calls roll and has no idea where runner is **or runner is absent due to job or other invalid reason**    * + - **1st offense-warning AND not able to go on away trip.**        - 2nd offense-miss the next meet.          * 3rd offense-dismissal from team. 5. Attendance at meets—Runners are expected to be at all meets that they are scheduled to race at. If a runner has a conflict, they should speak to their coach and get their parents to contact Coach ASAP. **Missing a meet without telling Coach or for an invalid reason (ie: another sport)-miss the next meet AND not able to go on away trip. Missing a 2nd meet=dismissal from the team.** Also, If you are providing your own transportation to meets, you must be on time! Failure to do so could result in not racing. **Since Area is the last race of the year for JV, if you miss it for an unexcused reason, you are not invited to the banquet and will not receive the team shirt given at the banquet.** 6. **If a runner has a job, they should arrange their schedule so as to not interfere with the ability to warm up, complete mileage, cool down, and do any post-run exercises/routines at any practice or meets. Please give all important dates to your employer well in advance. If a practice or a meet is missed it is unexcused!** 7. Runners may not attend conditioning for another sport until their season is over.   Excused reasons for tardies/absences: making up school work, help with school, drivers license, doctor appointments, family obligations/emergencies, illness  Unexcused reasons for tardies/absences: concerts, not having a ride (we will find you one!), dressing out, going to locker, parties/social gatherings, socializing, etc. |

To earn the overnight Wingfoot trip for 2019 you must meet all of the following requirements:

1. Run at least 200 summer miles and (for returning runners) run at least 100 more miles than you did last summer (not just the next mileage club up). (exceptions: returning runners who speak to their Head Coach in advance and need to alter their training due to injury or other reasons deemed valid by the coaching staff)
2. Have no behavior infractions (includes all team rules, not signing in/out on a regular basis, being tardy, not following instructions, etc)
3. Have no unexcused absences
4. Consistently doing drills/workouts the 2 weeks leading up to the meet and planning on racing
5. Have raced at least one 5k during the season
6. Be healthy and cleared to race in the meet. Coaches may make an exception for up to two injured runners to come along to help get splits at the race, but this is NOT guaranteed.

Practice Once the School Year Starts:

When school starts in August, we practice every day, Monday-Friday, 2:30-4:30pm. Usually we practice at Little Mulberry Park, on the Fence Road side, but there are some days we practice at the school. Each Monday the website will be updated with where we are practicing each day that week. Runners will also be told.

# Booster Club:

The team has various expenses throughout the year, that are not paid by the school: meet entry fees, booster club/runner of the week/banquet t-shirts, supplies, bus driver hotel rooms, assistant coaches, awards, etc. In order to pay for these expenses, we have a Booster Club. This year there is two levels of membership: $265 if a uniform is needed and $175 if it is not.. All will receive a t-shirt, and shorts. If a family has more than one runner on the team that needs a uniform, then the charge for the 2nd runner is $230. If you pay your dues in April, May or June you will also receive a free car decal. Dues will increase in August and September for returning runners who haven’t paid yet, so pay early! Your Booster Club dues also go towards the overnight trip expenses, providing that we earn enough in our fundraisers. This year we are once again hoping to get corporate sponsors. More details will be announced later. This is an excellent way to help out the team!

Please send all Booster Club checks to our treasurer, Donna Gakstatter, at:

2646 High Creek Run

Dacula, Ga 30019

**Corporate Sponsors:**

**New this year: for every corporate sponsor you get, it will reduce your Booster Club dues!**

**Get a Bronze ($50) sponsorship, take $12.50 off your dues!**

**Get a Silver ($100) sponsorship, take $25 off your dues!**

**Get a Gold ($200) sponsorship, take $50 off your dues!**

**Get a Platinum ($300) sponsorship, take $75 off your dues!**

**This applies for EACH sponsorship you get, so you can get multiple sponsorships! For example, a returning runner owes $175 for their dues. If they secure 2 Platinum sponsorships and a Silver sponsorship, they do not have to pay dues!**

**Summer Practice:**

The summer determines almost exclusively how well the runner progresses and improves throughout the season. The top runners in the state are the ones that put in the training in the offseason. Strength gained during the summer can help the runner to progress that much more once practice starts and also help prevent injury. If you put in the miles, we can beat teams that didn’t work as hard! **THIS IS HOW THE BOYS WON STATE IN 2012 AND THE GIRLS WON STATE IN 2015!**

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| Reminders…   1. As you head out to your camps, retreats and vacations… stay on schedule with your running! We all make excuses for not doing our weekly workouts, and our opposition would like us to do just that. The great runners, however, always find a way to follow through and complete workouts even when it hurts. Your ultimate success is a direct result of how strong you get during the summer, physically and mentally. 2. Call each other for easy runs. Team bonding is essential. Top teams run together! 3. If you feel good, go faster. If you feel awful, ease up, but get the mileage in! 4. Do one long run each week. Talk to Coach if you do not have a schedule. 5. We will have practice on every Monday, Tuesday, and Thursday throughout the summer, except July 1st-7th (per the GHSA) 6. Recruit others to run and encourage your teammates to improve by inviting them to run with you. We will all be better for your leadership. 7. **In June and July we will be doing 2 workouts a week at practices. These are not as intense as in season but will get you better so it is important that you are at practice if you can be!** | **Summer practice dates:**  Summer practices are not mandatory to make the team; however, being able to earn a **varsity letter** is easier and having a strong base built up will help prevent injuries! If you are gone for a week, this is ok-just make sure you run! Once a week do a long run as stated in your training program. Long runs should take place on Saturday or Sunday. You should be running on the days we do not meet!  **We will meet at 7:30 a.m. at Little Mulberry Park on Mondays, Tuesdays and Thursdays, starting on Tuesday, May 28th. Practice will last 1 ½-2 hours at the most-it depends on what mileage you are running. There is no practice the week of July 1st-7th per the GHSA.**  **New this year: we will have “bonus” practices on these Saturdays for those that want to do a long run together: 7/13, 7/20, 7/27. These can count towards your practice total!**  **The last morning summer practice will be 7/25. On Monday, 7/29 and Tuesday, 7/30, we will meet at 3pm at Mulberry. On Friday, 8/2, we will meet at 3pm at the school. There are 26 summer practices and 3 bonus practices.**  If there are any changes to practice times, you will be emailed the info. Also check the website regularly. |

**Mileage and off season running program:**

This year we will again be offering Summer Mileage Clubs.

These clubs start at 200 miles and increase to 700 miles (for experienced runners only!).

**Runners should follow the mileage club recommended to them, in order to ensure they are not doing too much**.

Runners will use running2win.com to submit their mileage **each Sunday**. **When you sign up, please make your username your first initial and last name.**

Boys: Once you are registered, search for “**Mill Creek Boys XC” (Team ID Key: T-9656114410-27**) and ask to be added.

Girls: Once you are registered, search for “**Mill Creek Girls XC” (Team ID Key: T-21651180803-26** ) and ask to be added.

You will be added to the team and you’ll be able to see everyone’s mileage. Update your mileage each Sunday (or daily if you want). **You must update your mileage at least every Sunday to be eligible for a shirt! Repeat offenders who forgot to update will not get a shirt!** At the end of the summer, runners who have attended 17 summer practices and submitted all their mileage will earn a summer mileage t-shirt. You MUST submit your mileage **on time** (you can’t turn it all in at the end of the summer) and be at 17 practices to be

eligible for a tshirt! See Coach or email him for summer mileage sheets. They can also be found on the summer mileage section of the website.

**Summer Mileage begins May 13th and ends July 29th .**

**There is no extra credit mileage this year so you should build up to the mileage at the start of your schedule!**

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| **To receive a letter**:   1. Be in the top 20 in Championship JV County or Area races 2. Be in the top 20 in the final team rankings 3. Depending on your grade, run one of the following times: **Boys-Senior-17:45; Junior-18:15;**   **Sophomore-18:45; Freshman-19:15**  **Girls-Senior-22:15; Juniors- 23:00**  **Sophomores-23:45; Freshmen- 24:30**  If you come to 17 practices over the summer. Lettering times will be easier:  **Boys-Senior-18:15; Junior-18:45; Sophomore-19:15; Freshman-19:45**  **Girls-Senior- 22:45; Juniors- 23:30; Sophomores-24:15; Freshmen- 25:00**   1. Run Cross Country for 3 years   You must finish the season in good standing in order to earn a letter. **This includes not quitting, or not finishing your season at Coach Wood due to rule infractions.** | **Parent Volunteers:**  We need parent involvement to help us have a great season! We need help in the following areas:  \*drivers for practices @ Little Mulberry  \*The Coach Wood Invitational, which will be on October 12th  \*Coordinating Spaghetti Dinners  \*Corporate Sponsors  \*and much more  The Booster Club will send out more info later about this, but be thinking about how you can help the team! |

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| **Rankings:**  We will again use a ranking system this year to decide who the top 20 lettermen are, and also to track everyone’s progress. For all 5ks, the average time of each runner will be kept. The runner with the lowest average time at the end of the season will be ranked #1 and so on. This system does not determine who runs at races-entry decisions will be decided by coaches after considering average times, finishes in recent meets, workouts, effort/attitude, injuries, and other relevant factors. | **Parents,:**  \*XC Emails: Lori D’Adamio, our secretary, has your email address on file if you included it when signing up. Her email is [millcreekxc@gmail.com](mailto:millcreekxc@gmail.com) and you will receive emails from her. Also, when in doubt, check millcreekcrosscountry.com for any info you are wondering about. |

New Varsity Charter Bus Trip:

This year’s charter bus trip for the top 14 boys/top 14 girls will be the flrunners.com Invitational in Lake City FL. We will leave 9/27 and race on 9/28. After the meet Saturday, we will travel to Orlando and spend the day at the Magic Kingdom! Then we will head back home on Sunday, 9/29. The cost per person will be $250, but any Runathon money raised over $100 will go towards this cost. The runners eligible for this trip will be determined after the Gwinnett County Meet.

**Runathon:**

**On Saturday, August 10th,** we will be having a Runathon as a fundraiser. It will last from 6pm-10pm at the track. We will always have at least one boy and one girl on the track during those hours. Your job is to start collecting pledges this summer-the goal for each runner is $100. You can ask family, friends, or anyone else. Any amount they pledge helps! This fundraiser will help us with meet entries, hotels, the banquet, and all other expenses throughout the year. The pledge form can be found at [www.millcreekcrosscountry.com](http://www.millcreekcrosscountry.com) in the handouts section. Also, if you earn the Varsity Charter Bus away trip, any money you raise over $100 will go towards your trip fee ($250 per person).

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| **Transportation to Meets:**  We will again have buses this year for select meets, but the bus will not always be returning to the school, so you should make arrangements for a ride home. Upperclassmen may be asked to find a ride to the meet. More details will be given in August.  **Transportation from Practice:**  **You must have a ride pick you up by 4:30 from Mulberry in the fall.** If you don’t have a ride, we can help you find a carpool. Coaches have to stay until all runners are gone so please be considerate! Please plan ahead! |  | **Spiritwear:**  We will have spiritwear available for purchase starting in June or July. More details will be posted on the website and emailed to you. |

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| Runner’s Fit will give all Mill Creek Runners 15% off their purchase! Just tell them you run for us.  Runners Fit  7419 Spout Springs Road #103  Flowery Branch, GA 30542  (770) 967-9755  www.runnersfit.com    **HAWKS**  **CC**  **2019** | Other important dates ·April 30th-Cross Country 101 meeting 6:30pm at school  · May 11th-Physicals at the School 8-12. $20  - May 13th-Summer Mileage begins (no extra credit this year)  · May 14th-Picnic at Mulberry, 6:30pm  · May 28th-First day of summer practice-7:30am-Little Mulberry (Fence Rd entrance). Camp deposit due! ($50 or can pay full amount).  · June 11th-tubing in Helen. More details TBA.  · June 29th-Senior Party-location TBA  · June (TBA) – Spiritwear clothing orders. Info will be on [www.millcreekcrosscountry.com](http://www.millcreekcrosscountry.com/) and also emailed to you.  -July 1st-7th-GHSA Dead Week. No practice allowed.  -July 15th-19th-Camp @ Berry  Last 3 Summer Practices: Monday, 7/29 and Tuesday, 7/30-Practice at 3pm at Mulberry; Friday, 8/2-3pm at School  -August 3rd-Time Trial 8am@ School-**mandatory attendance!**  - August 5th -**first day of mandatory official practice**. Will be 2:30-4:30 Mon-Fri rest of the season.  -August 9th-Parent/Booster Club Meeting/Runathon @ school 6-10pm  - August 13th- Spike Night at Runner’s Fit, 6-8pm  - November 14th-Banquet in the commons area.  More details TBA. |

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| **MILL CREEK CROSS COUNTRY SCHEDULE 2019**  **(subject to change)**  August 3rd Time Trial School Course All B/G 17th Hoya 2 Mile Invitational Acworth All B/G  27th School Meet and pictures School Course JV B/G  31st Berry Invitational Rome, Ga Top 20 B/G  September 7th Off  14th County Meet Conyers, Ga All B/G  21st Wingfoot Invitational Cartersville, Ga All who earn overnight trip  28th flrunners.com Invitational Lake City, FL Top 14 B/G  October 3rd Mulberry Meet Little Mulberry all but Top 14 B/G  5th Off  12th Coach Wood Invitational Whitesburg, Ga All B/G  19th Area Meet Conyers, Ga All B/G  26th Off  November 2nd State Meet Carrollton, Ga Top 7 B/G (5 alternates go\*)    \*the 5 alternates selected to make the State trip are NOT necessarily the next 5 fastest runners. They are runners who deserve the trip based on following directions, attention to detail, supporting their teammates, doing the right thing even when not told, and overall being a shining example of a member of the team. |
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# MILL CREEK CROSS COUNTRY RUNATHON

SATURDAY, AUGUST 10TH, 2019

5-9pm

The Runathon is our annual fundraiser to help prepare us for the various expenses we have throughout the season. On August 5-9pm, there will always be at least one member of both the boys and girls teams on the track running. Our goal is to see how many miles we can run in a 4 hour time frame.

Each runner will collect as many pledges as they can. The goal is $100 per runner but any amount is great. Ask friends, relatives, neighbors: every little bit helps the team!

Bring your money with you to the Runathon. The top guy and girl with the most money collected will receive a gift certificate. Please bring your money with you to the Runathon.

Remember: You will not be allowed to race until you have turned in your Runathon money!!!!!!!!!

YOUR NAME\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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TOTAL AMOUNT COLLECTED\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MILL CREEK

CROSS COUNTRY

THANKS YOU FOR SPONSORING US!



Your generous contribution helps our program with our varied expenses throughout the season. While we get help for a few expenses, the vast majority of our budget has to be raised by the team. Here are some of the things your contribution will go towards:

* Team entry fees for races
* Plaques and awards for the banquet
* Hotel rooms for overnight meets
* T-shirts
* Assistant Coaches (Gwinnett County doesn’t pay for any)
* Food/snacks
* Coach Wood Invitational (our other big fundraiser)

THANKS AGAIN FOR SUPPORTING US!

**Mill Creek High School**

**Cross Country Camp**

**July 15th-19th, 2019**

Dear Mill Creek XC Runners:

It’s that time of year when we begin planning for the upcoming 2019 Cross Country season. Part of that planning involves summer training, and we’d like to extend the following opportunity to you!

Monday, July 15th through Friday, July 19th, we’d like to invite you to attend our MCXC camp at Berry College in Rome, Georgia. The college is allowing us this unique opportunity to train, board, and dine at their amazing campus at a cost of $275 per runner. This is a great deal and a wonderful chance for you to become a better runner, train with your coaches and teammates, get a t-shirt commemorating the camp, and experience running in some of the most beautiful landscape in our state. A typical day will include the following (subject to change):

Monday, July 15th

1pm                                  Arrive at Mill Creek Bus lane (eat lunch before you come), pack cars, leave ASAP

2:00 pm                     Check-In

3:00-5:00                             Evans 122-Team Movie

6:15-7:00                             Dinner Krannert Dining Hall

7:00-9pm                Camp games, Sand volleyball

10:00                                   In rooms

11:00                                   Lights Out

Tuesday, July 16th-Thursday, July 18th

6:45am                                 Wake up

7:10                                     in front of dorm ready for run

7:15-10:00                           Run/breakfast/shower

10:15-12:00                           classroom session

12:00-1:00                            Lunch Krannert Dining Hall

1:00-2:00                              down time, team building game/activity

2:00-3:00                              Cage Pool

3:00-4:45 Afternoon classroom session

4:45-5:45                              Afternoon circuit/run for anyone with a double day

6:10                                     In front of dorm ready for dinner

6:15-7:00                              Dinner Krannert Dining Hall

7:30-9:30                              Sand volleyball/tennis/frisbee next to dorm

10:00                                   In rooms

11:00                                   Lights Out

Friday, July 19th

6:45am                                 Wake up

7:10                                     In front of dorm ready for run

7:15-10:00                            House of Dream run, breakfast, get camp shirt, shower and clean up

10:00-11:00                         Check-Out Thomas Berry

11:15am Lunch at Bella Roma, then head home

around 2pm arrive back at school

We have 24 slots for our male runners, and 24 slots for our female runners (with the possibility of a few extra spots if necessary). And yes, the boys and girls will be staying on separate halls in the dorms! We believe we’ll fill these slots quickly, so if you are interested, please complete the Online Registration form and mail your $50 deposit (checks only, made out to MCXC Booster Club) by June 1st. You can access the online registration form at:  [www.millcreekcrosscountry.com](http://www.millcreekcrosscountry.com/).

Deposit checks should be mailed to:

Donna Gakstatter

2646 High Creek Run

Dacula, Ga 30019

Final payment and a copy of your insurance card (front/back) may be submitted at any time, but no later than June 27th. Mrs. Gakstatter will be at practice on Mondays to accept payment and insurance card copies or they can be mailed to her directly at the above address.

More details of what your athlete will need to bring and any special news will be shared with the runners in July.

MCXC Camp 2019

July 15th-19th at Berry College

Price TBA but should be similar to last year ($275)

New for 2019: we will have a 2 mile timetrial on June 13th. The top 20 boys and top 20 girls at the timetrial will qualify for camp\*. If runners can't make it on the 13th, they will do it on 6/6. Also, the 4 fastest rising freshman boys and girls will qualify for camp. We will also take any rising senior that doesn't place in the top 20 but who is on pace to run at least 200 miles and 100 more miles than they did in the summer of 2018.

Finally, any girls on pace for 350 miles and boys on pace for 450 can come to camp, as long as they have attended a majority of summer practices prior to camp (number to be determined later).

\*Coaches have the discretion to qualify an athlete outside of these standards in the case of extenuating circumstances.

In the event Berry limits the amount of room we have, camp attendance will be secured by the first runners to pay their deposit that meet the requirements.

**Final payment of $225 for all attending will be due on June 27th. If we don’t receive a check from you and haven’t heard from you, then your name will be taken off the list and you will not be going.**

Reminder: You are not completely registered to attend camp until you complete the online registration form and submit your $50 deposit by June 1st AND submit final payment of $225 and a copy of your insurance card (front/back) by June 27th.

For now, simply complete the online registration form and mail your deposit check to Donna Gakstatter by June 1st. Let’s make this the best summer running camp ever! Go MCXC 2019!

Sincerely,

Coach Christie

Coach Sexton

Dues Information for 2019

First runner for a family that needs a uniform:

* $265 if paid by August 3rd
* Dues increase to $280 on August 4th
* Dues increase to $295 on September 1st

Second runners in a family that need a uniform:

* $230 if paid by August 3rd
* Dues increase to $245 on August 4th
* Dues increase to $260 on September 1st

First runner for a family that does NOT need a uniform:

* $175 if paid by August 3rd
* Dues increase to $190 on August 4th
* Dues increase to $205 on September 1st

Second runners in a family that do NOT need a uniform:

* $145 if paid by August 3rd
* Dues increase to $160 on August 4th
* Dues increase to $175 on September 1st