



"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

2015 CROSS COUNTRY CALENDAR OF EVENTS (Tentative and Incomplete)

DATE	EVENT	LOCATION	CONTACT/WEBSITE
September 21st	FIRST DAY OF PRACTICE	Durant Park - North	North Wake Track Club Website
October 10th	2015 Triangle Run/Walk for Autism	Raleigh, NC @ Moore Square	http://support.autismsociety-nc.org/site/TR?fr_id=1060&pg=entry
October 17th	Gigi's Cupcakes 5k	Brier Creek, Raleigh, NC	https://www.fsseries.com/gigis-cupcakes-5k-presented-by-upstream-benefits
October 18th	2nd Annual Dog Day 5-K	Lake Benson Park, Garner, NC	http://www.goldenrescuenc.org/events/2015-dog-day-5-k
October 24 th	Team Time Trials	Durant Park	North Wake Track Club Website
October 31st	Run for You	Wake Forest, NC	http://milesintosmiles.com/run-for-you/
November 15th	Santa Paws 5k	Raleigh, NC	https://www.fsseries.com/santa-paws-5k
November 22nd	NC USATF Junior Olympic Championships	Hagen Stone Park, Greensboro, NC	http://www.coacho.com
December 12th	2015 National Championships	Albuquerque, NM	http://www.usatf.org/Events---Calendar/2015/USATF-National-Junior-Olympic-Cross-Country-Champi.aspx

**Please note – schedule can change – please refer to team calendar and emails.

**Progression/qualifying meets

