



Academy of Holy Angels "Fall Fun Run"

Who: AHA Fall Fun Run is open to students in all area grade and middle schools. It is a great way to ramp up for “the mile” run for gym class and to condition for winter activities!

What: AHA Fall Fun Run is a youth cross-country meet with races set up for both boys and girls in grades K-8. AHA cross-country student-athletes will be assisting with the event.

When: Thursday, October 20, first day of teacher convention break (also known as MEA). See schedule below for times.

Where: Academy of Holy Angels, 6600 Nicollet Avenue S., Richfield – start and finish line located in the backfield area to the west of the main parking lot.

Why: Running can be a lot of fun. Run with friends; race for individual and school team ribbons; help your team win the championship trophy; and develop positive lifelong exercise habits.

How much: \$5.00 per student, parents--no charge.

Contact: AHA Cross Country Running Coach Jason Altman at altma014@umn.edu if you have questions.

Meet Schedule:

Grade in School	Division:	X-C Distance	Race Time
2 nd grade and younger	Primary	1K (0.6 miles)	10:00 AM
3 rd grade and 4 th grade	Bantam	1K (0.6 miles)	10:20 AM
5 th grade and 6 th grade	Midget	2K (1.2 miles)	10:40 AM
7 th grade and 8 th grade	Youth	2K (1.2 miles)	11:00 AM
Family Race	All	2K (1.2 miles)	11:20 AM

(Registration begins at 9:30 a.m. and ends at 10:30 a.m. Rain or Shine!!!)

Awards: Medals awarded to the first 3 boy and girl finishers in each race; Ribbons awarded to all participants in every race.

Mini-Clinics: Guest speakers will offer training between races on topics like appropriate shoe selection, nutrition, life as an “elite” distance runner, and “ultra” marathoning.

School scoring the best at the finish line brings home a trophy!