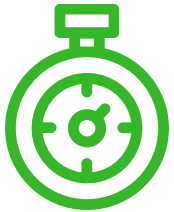


UMHS Cross Country



SUMMER RUNS

Voluntary summer run meetups @ 8:00am on Monday, Wednesday, & Fridays beginning June 4.

Track your summer mileage, email Coach Fuji every Sunday your weekly total.

- Mondays @ UMHS campus
- Wednesdays @ Fleet Feet Sports in Folsom
- Fridays @ TBD
- *Times & Locations subject to change*

PRE-REGISTER



- Turn in your sports physical to the UMHS front office (*Closed for summer June 4-July 18*)
- Register for Cross Country online through our 8 to 18 website.
- **Visit umhs.eduhsd.k12.ca.us and "select Athletics" for more information.**



RUNNING SHOES

Prepare & protect yourself with new running shoes.

- [Fleet Feet Sports store](#)
- [Gold Country Run and Sport store](#)



Questions: Contact Coach Fujitsubo unionminecrosscountry@gmail.com