



Mt Sac Information



Dear Cross Country Parent,

On Friday, Oct 15th, our cross country team will be taking a trip to Mt. San Antonio Jr. College in Walnut, California which is about an hour and a half north of 4S Ranch. We will be participating in the 73rd Annual Mt. SAC Cross Country Invitational Meet for middle schools. We will compete against middle schools from all over Southern California. It is an amazing running experience!

We will leave the school at 10:00am and arrive at the meet at approximately 12:00pm. This will give us plenty of time to get to the college, get organized and walk the 2.0 mile course before the races begin. We will leave Mt SAC at approximately 6:00pm and arrive back home between 7:30pm and 8:00pm, depending on the traffic. **Runners will need to be picked up at Oak Valley.**

The total approximate cost for the field trip is \$2000 to cover the cost of the charter bus and the race registration fees. We are asking for a \$50 donation to attend this field trip. Checks can be made out to PUSD and in the Memo portion of the check you can write OVMS Cross Country. We know that not everyone can afford to pay for this trip so any extra donations would be greatly appreciated. **You Must Turn In Your Permission Slip to go on this trip!!!! The first 50 runners to turn in their permission slips get priority, after that they will be put on a waiting list in the order that they turn in their slips!!!**

Each runner should bring enough food for lunch and dinner and plenty of water for the trip up and back. Also recommended are sunscreen, hats, sweatshirts and a towel. All students are responsible for any school work that they miss. This is a major part of being a successful student athlete.

We expect excellent behavior and all school rules followed so that we can have a wonderful time and proudly represent Oak Valley Middle School. If you have any questions please email me at kdaum@powayusd.com or call me at (858) 487-2939 ext. 6202. Thank you for your support.

Sincerely,

Coach Kenny
Cross Country Coach