

Itinerary for Lincoln Trail Area Cross Country Clinic  
Friday, July 13  
Central Hardin High School

***This is not required, but I highly recommend going to learn and prepare for the upcoming season.***

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| 6:45 a.m.     | Load buses and leave MCHS  |
| 7:45 a.m.     | Stretch and prepare to run   |
| 8:00 a.m.     | Training run at CHHS   |
| 9:00 a.m.     | Meet in bleachers at track   |
| 9:15-10:45 am | Running Soles/Ntouch   |
| 11:00-12:30   | Running Soles/Ntouch   |
| 12:30-1:50    | Free lunch provided by Summer Lunch Program. You can also go to Taco Bell, Burger King, or McDonalds if you want |
| 2:00-3:30     | Nutrition with Lisa Murphy   |
| 3:45 p.m.     | Leave CHHS   |
| 4:30 p.m.     | Arrive at MCHS   |