

Sir John X-Country Practice Times:

	Monday	Tuesday	Wednesday	Thursday	Friday
6 - 6:45am	Kilbride		Kilbride		Kilbride
3:45 - 4:30pm	Hurley	McLeod	Hurley	McLeod	

Morning Practices will be held on the Niven Lake Trail (Meet at the small bridge at 6am sharp).

The Mud Run will take place this Sunday, September 8th @ the Ski Club
(Time to be determined).

The Terry Fox Run will take place on September 15th at the Multiplex @ 11am.