



City of
Rockville
Get Into It

Youth Cross Country Course Guide

Key:

 = Start / Finish

 = Course Steward
Location

Courses:

1. **Civic Center** Park, 603 Edmonston Dr., Course redesigned in Fall 2015 season. Highlight of course: the most challenging component is the hill decline known as *'Sledding Hill'*. Maps of course are on page 4-6.
2. **Dogwood** Park, 800 Monroe St., Course was designed and added in 2014. Highlight of course: this was the fastest course in 2016, the toughest part is *'Goat Hill'* which is the toughest climb out of all courses and comes just before the end of the course. Maps of course are on page 7-9.
3. **Woodley Gardens** Park, 900 Nelson St., Course was redesigned for the 2014 season. The highlight of this course is the component known as *'River Run'* which challenges participants with running over fast changing terrains and obstacles. Maps of courses are on pages 10-12.



The Cross Country Team 2018:

Coaches Information:

Fleming, Mike – Team Pacific

Jendzurski, John – Team Thunderbolts

Sonner, Ken – Team Harriers

Moylan, Emily and Ingudam, Monica– Team Happy Feet

Practice Information:

All teams will conduct practices at Rockville Civic Center, 603 Edmonston Dr. Practices will be 1 hour each week starting the week commencing 9/10/2018.

Tentative Team Practice Schedule:

Harriers: Tuesdays (starting 9/11) at 5:30pm

Thunderbolts: Tuesdays (starting 9/11) at 6:00pm

Pacific: Thursdays (starting 9/13) at 5:30pm

Happy Feet: Thursdays (starting 9/13) at 5:00pm

Please note that practice location can change week to week

Program Coordinator:

Derrick Thompson, 240-314-8652, Dthompson@rockvillemd.gov

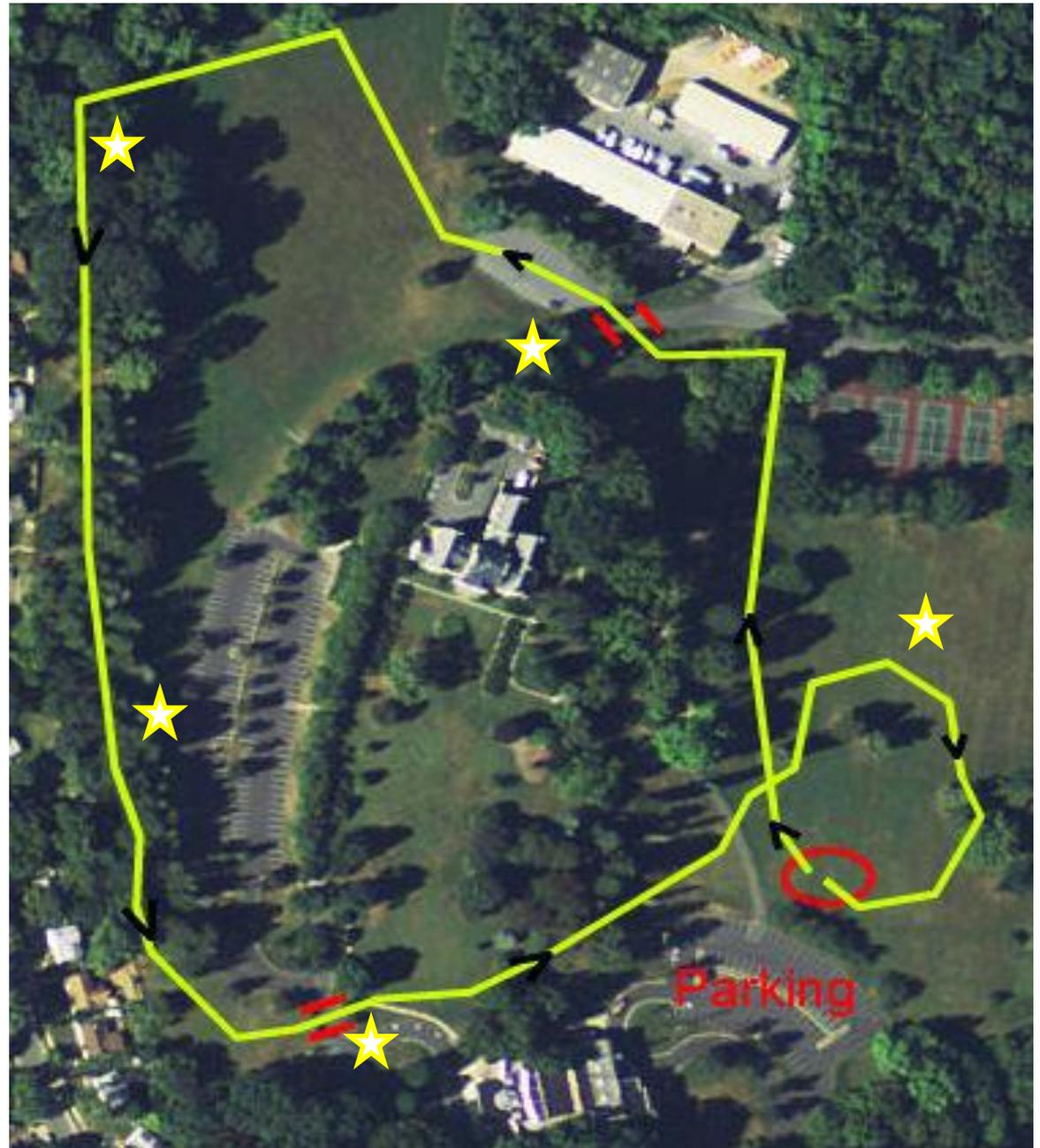
www.rockvillemd.gov/recreation/sports

www.facebook.com/Rockville.Sports.Leagues



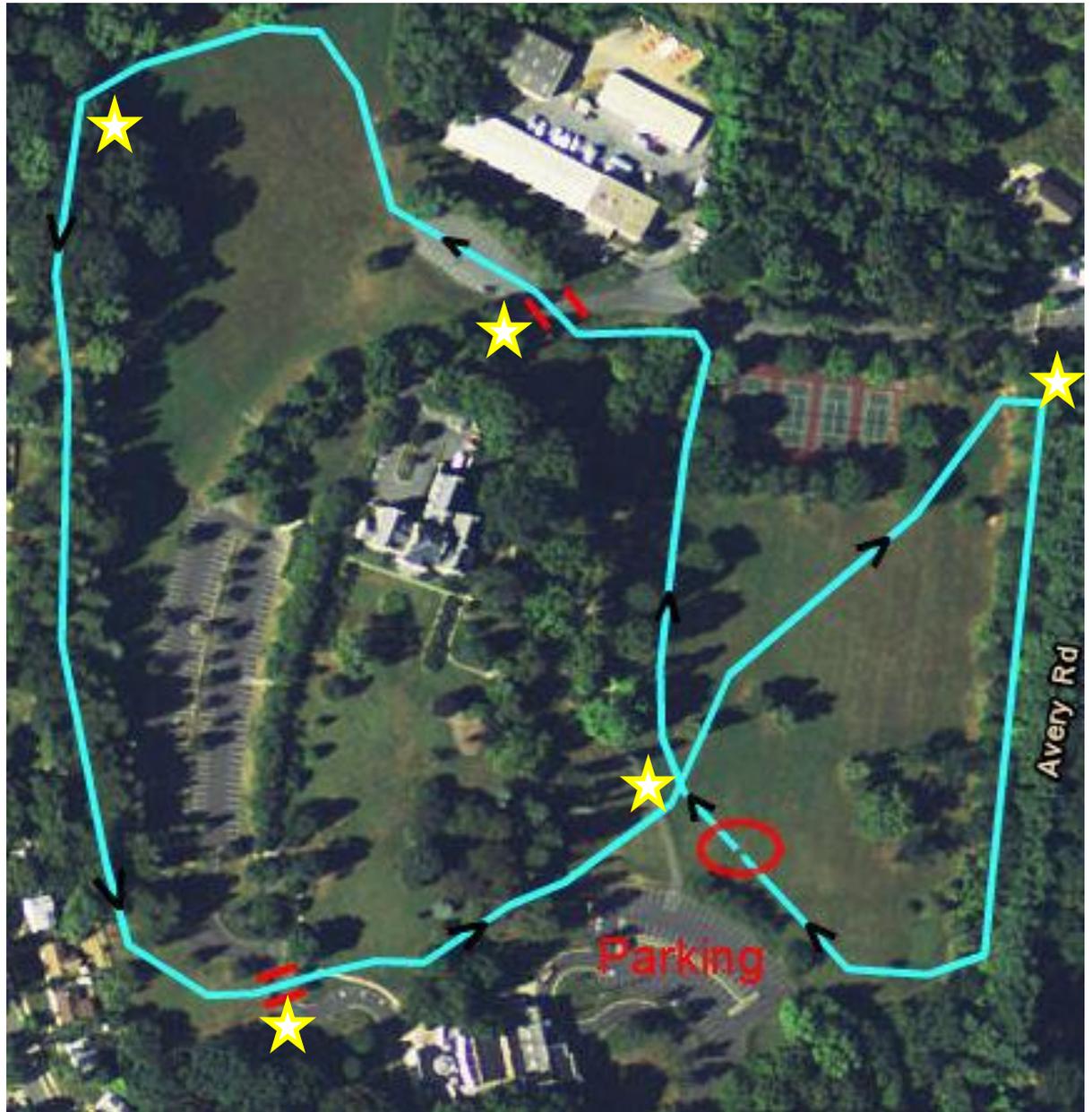
Civic Center Course

Lil' Rabbits Route
(1st - 3rd Grade)
Distance: 0.75 miles



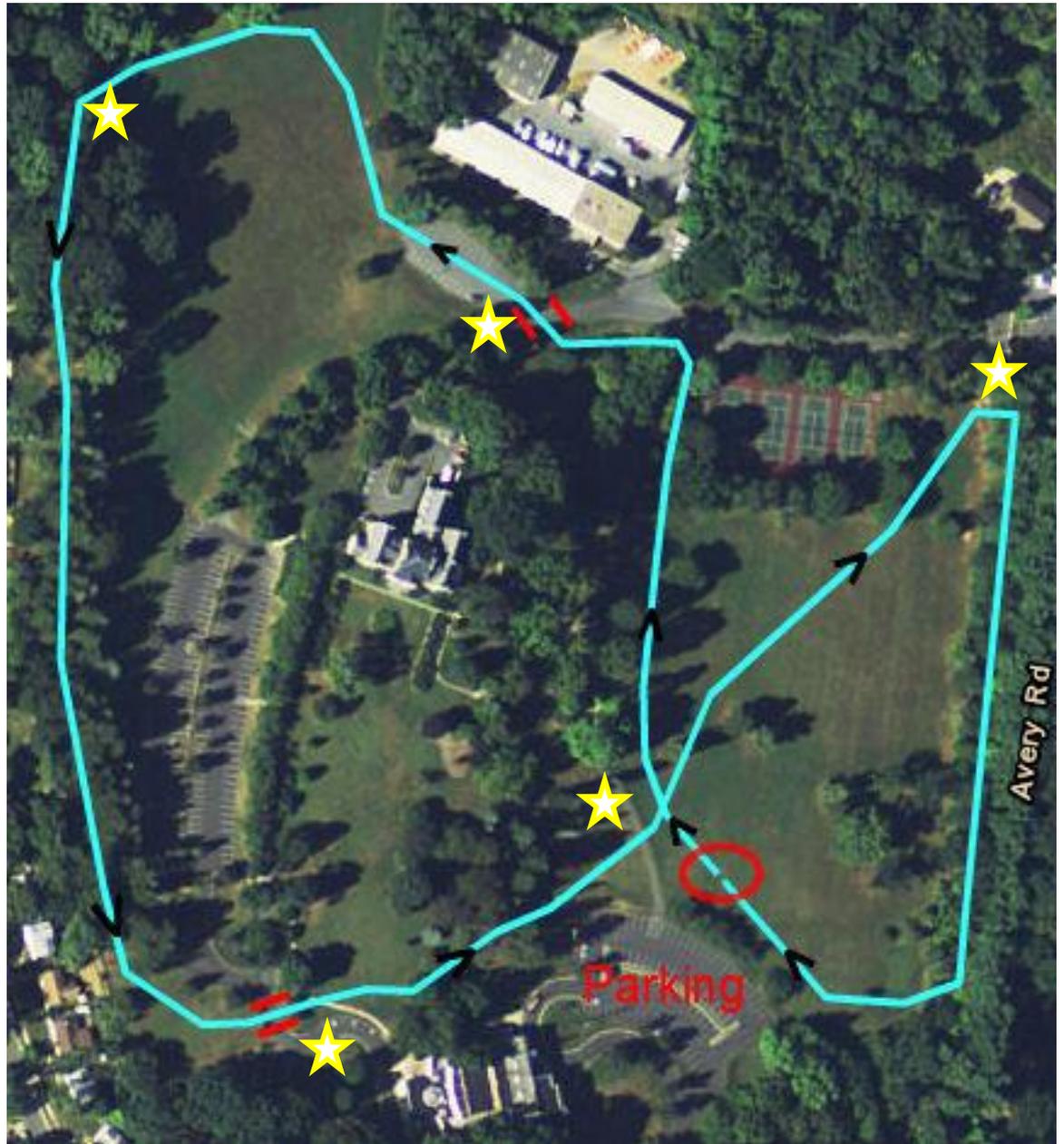
Civic Center Course

Striders Route – 1 lap
(4th – 6th Grade)
Distance: 1 mile



Civic Center Course

Rapid Runners Route – 2
laps
(6th – 8th Grade)
Distance: 2 miles



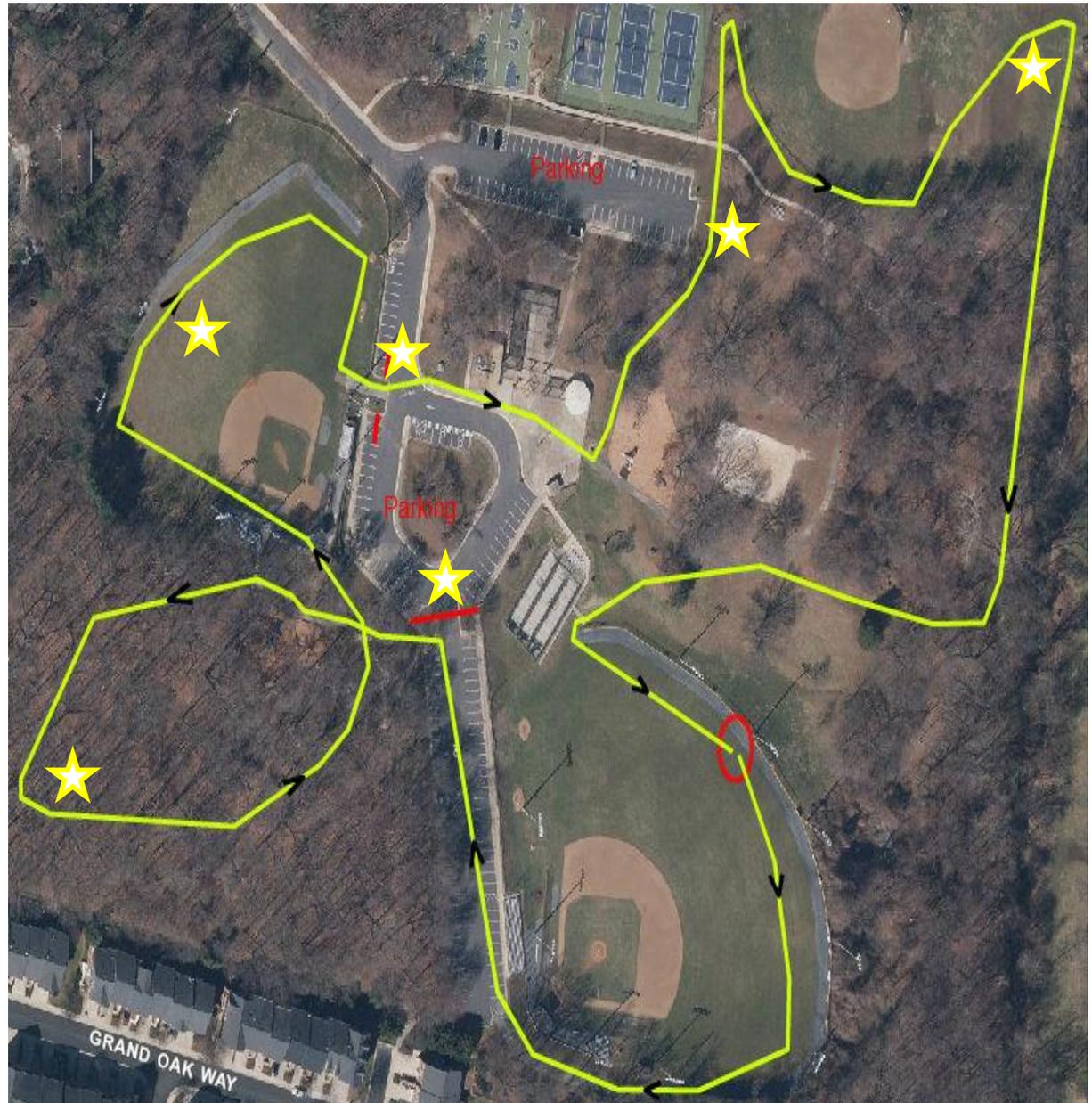
Dogwood Park Course

Lil' Rabbits Route (1st – 3rd
Grade);
Distance: 0.75 miles



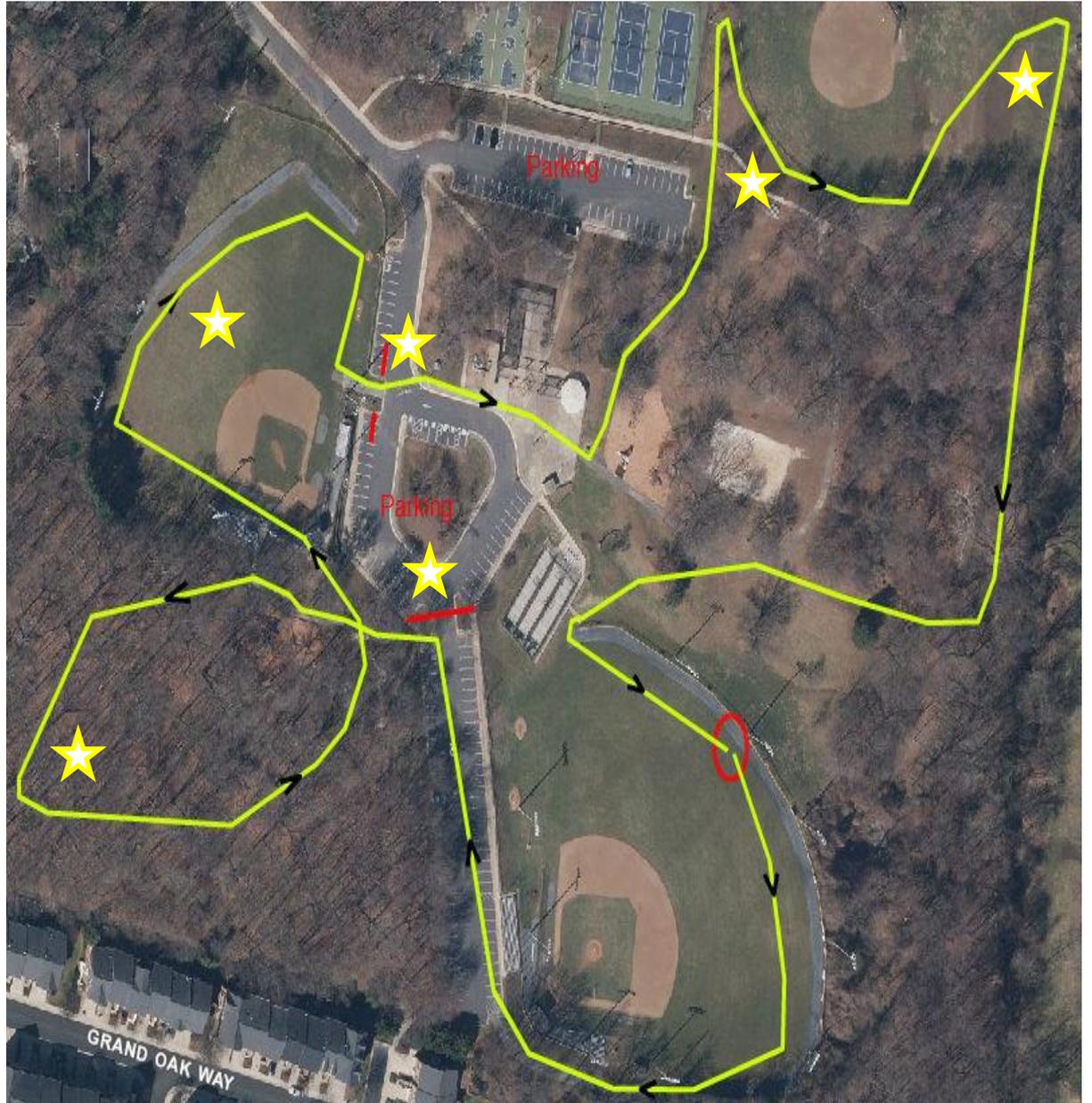
Dogwood Park Course

Striders Route – 1 lap
(4th – 6th Grade)
Distance: 1 miles



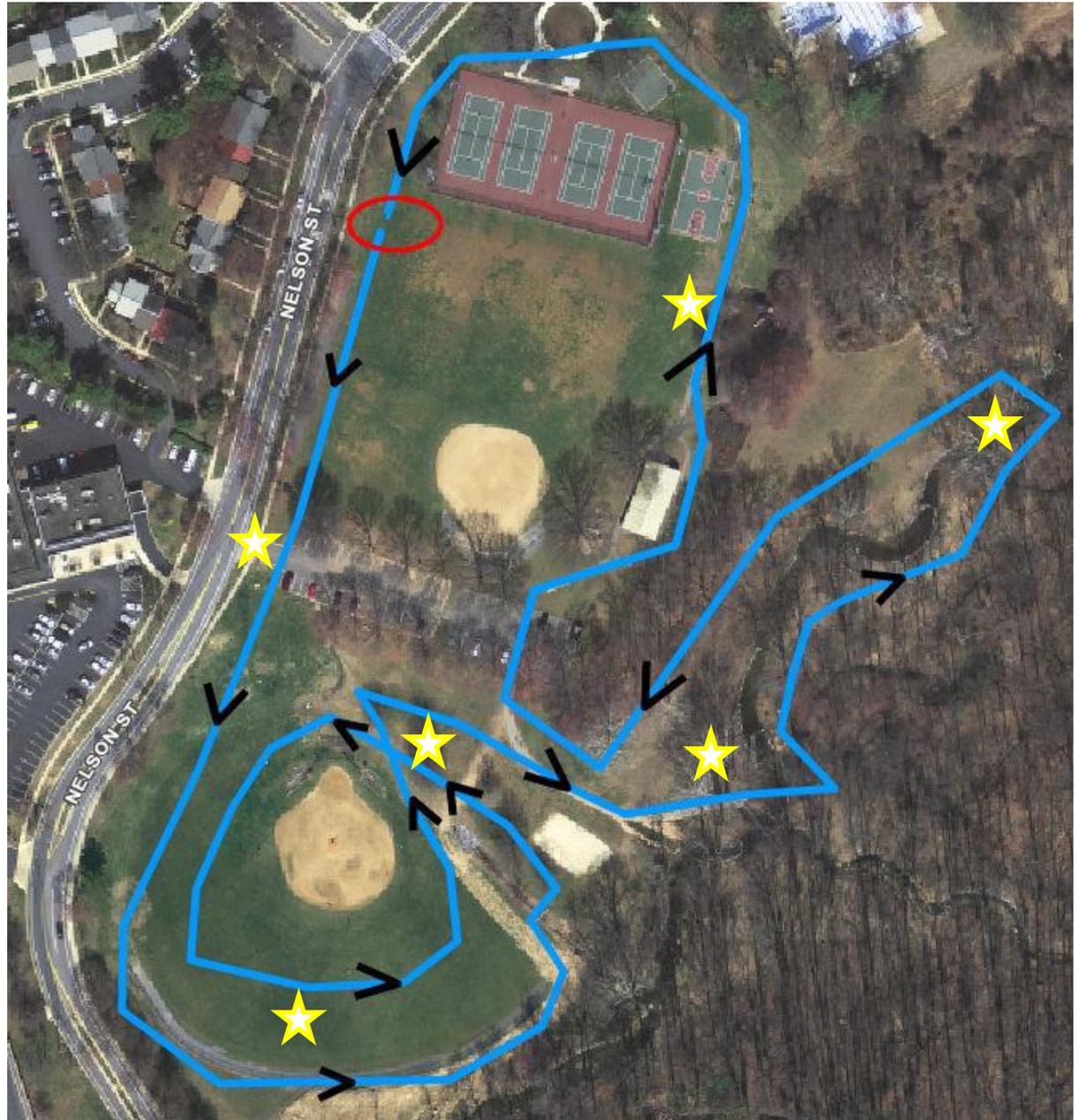
Dogwood Park Course

Rapid Runners Route – 2
laps
(6th – 8th Grade)
Distance: 2 miles



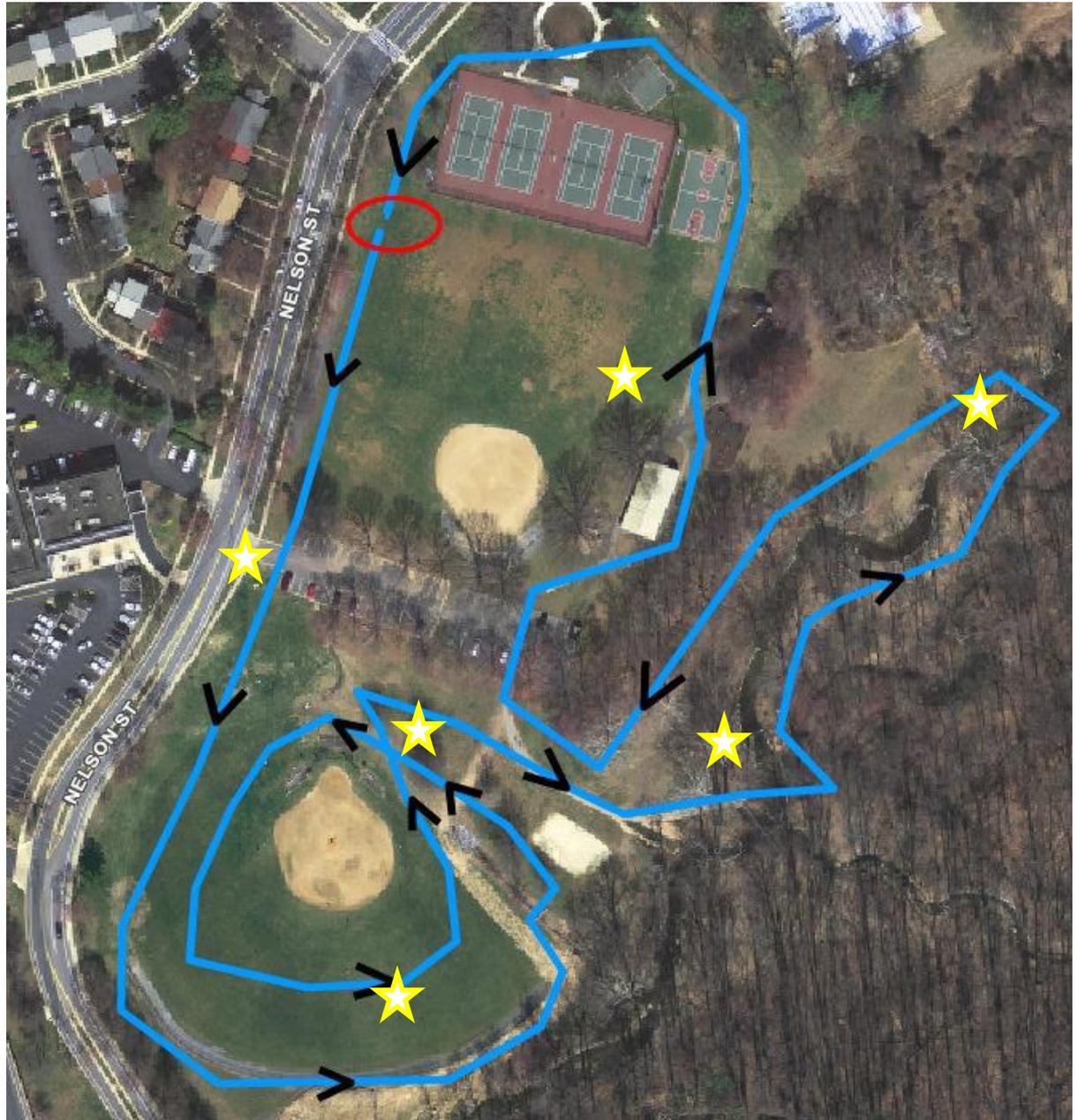
Woodley Gardens Course

Striders Route – 1 lap
(4th – 6th Grade)
Distance: 1 miles



Woodley Gardens
Course

Rapid Runners— 2 laps
(6th - 8th Grade)
Distance: 2 miles



Thank you to our partner:

Montgomery County Road Runners

