

# Tri County Summer Prediction Run Series

## *5k or 1 mile*

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This summer, the Tri County Cross Country team invites you to participate in a series of Community “Prediction” runs.

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This bi-weekly event is a fun way to be active while meeting up with new and old friends during the summer.

**All ages and abilities are welcome!**

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### How a Prediction Run works:

Instead of racing to the finish, participants “predict” how long it will take to complete their choice of a 1 mile or 5k course through the streets of DeWitt, starting and finishing at **DeWitt Quick**. The winner is the runner that finishes closest to his/her predicted time. Leave your watch and GPS at home because they are not allowed on the course during the race.

### Tuesday Evenings 7pm

- Registration starts at **6:30 pm** (give your estimated time)
  - Preregister your time at: [sites.google.com/view/tricountyxc](https://sites.google.com/view/tricountyxc)
- 5k and 1 mile Runs Start at **7:00 pm**

**\$3 registration fee per run** (Funds go directly to Tri County Cross Country program)

Start and finish at De Witt Quick, in De Witt, NE

Prediction run dates: | **May 23** | **June 6, 20** | **July 11, 25** | **Aug. 8** |

An added bonus for participants:

- Week by week breakdown of your progress and tips for improving emailed directly to your inbox
- If interested, participants will receive customized training plans to improve their fitness, based on current running ability for any distance or goal time.

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Pre-register for our first event by visiting: [sites.google.com/view/tricountyxc](https://sites.google.com/view/tricountyxc)

OR: contact Ryan Clark via email, phone, or text:



[ryan.clark@tricountyschools.org](mailto:ryan.clark@tricountyschools.org)

Cell: 402-660-2403