

Bethel Boys Cross Country 2026

To any Boy interested in running Cross Country

My name is Mark Clute. I'm writing this letter to you to inform you about Cross Country. Cross Country is a sport in which a person is a member of a team, and also an individual in all contests. The sport consists of running for a distance of 3.1 miles or 5000 meters for high school students and 2 miles for middle school students.

Cross Country is a sport that requires endurance to be able to compete, and the endurance you build with running will carry over into any other sport you choose to compete in. In order to build an athlete's endurance, I have created a calendar for the months of June and July with suggested distances and location for running. Try to coordinate with your teammates and workout together. I suggest that you try to meet in the early evening, since when it comes to official practice, Boys we will be running at 7:00 PM each night Monday thru Friday.

Summer running will begin on Monday, June 8th. Official practice starts on Saturday, August 1, 2026. During the summer I will be going to Taylorsville metro park at the Ross rd entrance to walk on Mondays and Wednesdays at 7:00 pm. We will be running at 7:00 in the evening during the week, when season starts. Summer running is not mandatory for you to run Cross Country. It is used as a tool to make you a better runner. Mandatory practice begins on Saturday Aug 1st at 9:00 am at Charleston Falls. August calendar will be given out in the last week of July at the final week of summer running.

Road races are not recommended during the summer because we will be racing every Saturday from August to October, but one race a month would be a good hard workout.

Students will need to have a physical done before the first day of official practice and all school forms filled out on final forms.

If you have any questions, please feel free to contact me on my Cell (937) 308-1789. Thank you for your interest.



Mark Clute
Boys Cross Country Coach