

By Jan Schultz

The Imperial Republican

High school cross country runners will meet for two-a-days Monday and Tuesday as they get ready for the 2013 Longhorn season.

Coach Carl Zuege said the high school runners will meet at 7 a.m. and 4 p.m. both days, then move to after-school practices on Wednesday, Aug. 21.

Zuege said the plan is to get the distance work in during the morning practice, with strength and core work the emphasis in the afternoons.

The coach reminds runners that all their paperwork has to be in order before they can practice Monday. That includes completion of a physical, parental consent forms and medical releases. All of those forms are in the school office, he said.

Since practice starts after the fair this year, Zuege said runners are eligible and encouraged to run in Saturday's fair run, starting in front of the school this year.

That only happens about once every six years or so when the school calendar is bumped back a week for the start of competition.

The cross country team's first meet will be in Cambridge on Friday, Sept. 6.

Junior high team this year

Runners in grades 7-8 will have the opportunity to compete in cross country this year, a sport being added to the CCS extra-curriculars.

Zuege, who'll be coaching the team with Jonathan Beverly, said the junior high team won't start practice until after school is underway.

At this time, it looks like the junior high team will compete in four meets, Zuege said, one of which will be at the Imperial meet on Thursday, Sept. 12.

The Chase County junior high course will be two miles. In the past, most other meets that had junior high races were one mile, he said.