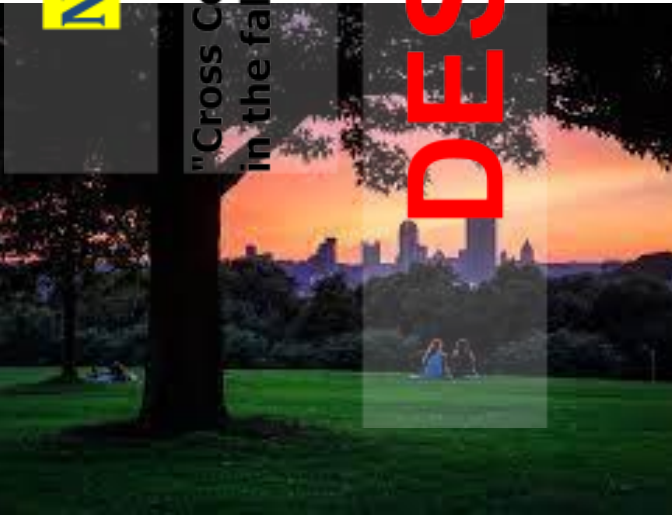


**Norwin Cross Country Summer**

"Cross Country is a summer sport that is played out in the fall" --Coach Sage Canaday

# DESTINATION RUNS



**PRIDE, TRADITION + FAMILY**

# 2021 Summer Destination Run Schedule

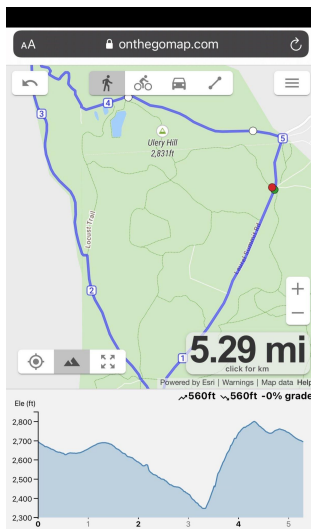
The purpose of the “Summer Destination Runs” is twofold:

- (1) provide training opportunities beyond the traditional or usual training locations
- (2) Bond with teammates and fellow families to develop a truly family atmosphere.

**\*\*ALL Destination Runs are optional and families or athletes must provide own transportation to and from events. We encourage all athletes to participate, but if cannot, just incorporate a Long Run on your own that day.**

We hope you can join us for some Summer Destination Fun!

## (1) Destination Run #1: Laurel Highlands “Warming Hut” Loop & Hike



**When?** Saturday July 3, 2021 @ 9:00 am

**Where?** Meet at “Warming Hut” Meet at Laurel Summit Road  
(Driving Map) = <https://goo.gl/maps/WR4ttcVmJhGq7BUj6>

**What?** Nice 5.3 mile loop with good elevation change on dirt roads near Laurel Mountain State Park.

**Post Run?** Snack and post race fuel. Families and athletes welcome to stay after run for hike to Beam Rocks. All family members encouraged to join.

## (2) Destination Run #2: Schenley Park & Frisbee Football



**When?** Saturday July 17, 2021 @ 9:00 am

**Where?** Schenley Park Oval. Meet at oval and we will run from there on surrounding trails.

(Driving Map): <https://goo.gl/maps/2NqGnvgjsJJRceHs5>

**Post Run?** Post run snack and fuel. Families and athletes welcome to stay and play frisbee golf. **\*\*BRING A FRISBEE or Frisbee Golf Set\*\***

(continued....)

### (3) Destination Run #3: Yough River Trail & Kayak



**When?** Saturday July 31, 2021. Time TBD.

**Where?** Yough River Greater Allegheny Trail  
--Meet at West Newton Giant Eagle @ 10:00 am...Run 3.5 miles to Cedar Creek...Kayak back to West Newton.

Map: <https://goo.gl/maps/uq6jK5fx6pVNJ2bR8>

**Post Run?** Plan is to park..run to kayak dropoff...kayak back to cars.

**\*\*We will need to RSVP and pay (\$20) for this “Destination”. More info coming.**

### (4) Destination Run #4: Punxsy Trail & Treasure Lake Picnic



**\*\*This is LONGER trip (90 min to Punxsy then 35 min to Treasure Lake)\*\***

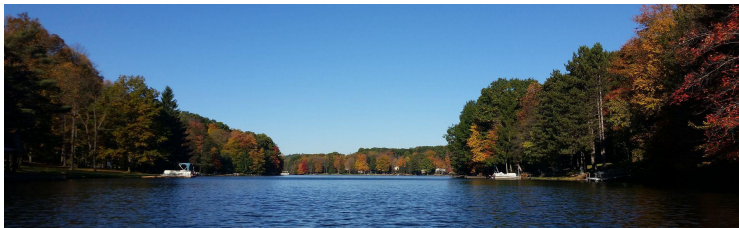
**When?** Saturday August 7, 2021 @ 9:00 am

**Where?** Punxsutawney Mahoning Shadow Trail followed by picnic at Breauchy's lake house @ Treasure Lake.

(Directions to Punxsy Trailhead):

<https://goo.gl/maps/4HnD6ESQzm5gnjpx8>

(Directions to Treasure Lake to follow)



**Post Run?** Run at Mahoning Shadow Trail in Punxsutawney, then drive to Breauchy Family Lake House for swimming, picnic, kayak, etc.

**\*\*We will need to RSVP to let Maria Breauchy know. More info coming.**