

## **DARLINGTON CROSS COUNTRY EXTRAS**

**Canyon Camp** – We spend Wednesday evening, Thursday, and Friday morning of the first week of practice at a boy scout camp. The runners sleep in cabins and we have a huge mess hall. We run, swim, have clinic sessions on training, racing, etc., have canoe races, canyon camp Olympics, and trivia contests. We also have a banana eating contest and other competitions which bring our team close together. Our cross country booster club pays for the transportation, rent of the camp, and the food.

**Run Across Wisconsin** – We run across Wisconsin in two days in conjunction with our county Relay For Life. We begin our first day with everyone's feet in Lake Michigan at 6:00 and we run 106 miles and end the day at 8:00 pm. We pick up the next day where we left off and run the final 70 miles and end up with our feet in the Mississippi River. We then get cleaned up and are part of the opening ceremonies at the Relay For Life. Each runner runs a half mile at a time and the baton that we hand off has the names of people we know who have been affected by cancer. Each year we dedicate our run to someone in the community who is fighting cancer. In the 14 years we have done this we have raised over \$25,000 for cancer. This year we received over \$400 in donations from people along the way who ask what we are doing and then hand us money. It has been a great learning experience for our kids.

**Manor Trips** – On the nights before meets when it is possible, we go to the local nursing home and take the residents out for a stroll in their wheel chairs or just sit and visit for about a half an hour. Then we go for our run and work out. The runners seem to enjoy this as much as the residents.

**Spaghetti Suppers** – Two nights before our meets we have a spaghetti supper hosted by different parents. It has been a very good team building event.

**Homecoming Torch Run** – We relay a torch from the town of the team we are playing for our homecoming football game. We load up the kids in vans with parents driving and each runner runs about a half of a mile at a time. They lead the homecoming parade that night with the torch and then light the bonfire with it too.

**Summer Run Togethers** – We meet at a runner's house every Monday evening at 7:00 pm and every other Thursday morning at 7:00 am and they go for a run. The host family has a variety of food for them afterwards.

**Cross Country Banquet** - Held at the high school with yearbooks and end of the season awards, and a highlight DVD shown. I talk about each runner and we give them a frame with their picture and individual times on them.

**Yearly Budget** – About \$4,000

**Major Expenses** – Canyon Camp, Run Across Wisconsin, Cross Country Banquet

**Fund Raisers** – Track and cross country meet concession stands, Race track clean up after stock car races. Provide workers for our county fair (taking tickets, parking, cleaning up)