



# YES Cross Country Team



believe and achieve

Youth Enrichment Services (YES) is hosting a **Fall Cross Country Program** for youth (ages 8 through middle school) interested in participating in a developmental cross country program.

Registration Forms are available to download at [www.yeskids.org/track](http://www.yeskids.org/track).  
Email [trackandfield@yeskids.org](mailto:trackandfield@yeskids.org) with any questions.



**When:** Sept 14 - Nov 16  
Meets weekly  
Mondays 6 - 7:15 p.m.

**Where:** Saunders Stadium  
Moakley Park  
South Boston

*Moakley Park is easily accessible by the  
MBTA Red Line.*



See back page for full details on practice and meet/race dates.  
All participating youth must fill out a YES Registration Form.  
This is a FREE program for Boston youth.

Thank you to the New Balance Foundation for their generous sponsorship.



# YOUTH ENRICHMENT SERVICES (YES) FALL - CROSS COUNTRY RUNNING PROGRAM



Youth Enrichment Services (YES) is hosting a Fall Cross Country Running Program for youth ages 8 through middle school who are interested in learning more about and participating in a developmental cross country program.

The program's goal is to teach youth about cross country running. We hope to develop youth's stamina and strength through distance running and core strengthening drills as well as to educate them and help to inspire a lifelong appreciation and respect of healthy activities.

The practices will take place on Mondays from 6- 7:15 p.m. beginning Monday, Sept 14 through Nov 16 (excluding Oct 12, Columbus Day) at Saunders Stadium in Moakley Park in South Boston. All practices are free of charge.

## Practice Days (6-7:15 p.m.)

September 14, 21, 28

October 5, 19, 26

November 2, 9, 16

**Registration Forms are available to download at [www.yeskids.org/track](http://www.yeskids.org/track)**

*No youth will be permitted to participate without a completed registration form. However, if you were registered for the 2015 Spring or Summer Track Programs you do not need to fill out a Registration Form. You only need to email your name to [trackandfield@yeskids.org](mailto:trackandfield@yeskids.org)*

The YES Cross Country Team is planning to participate in the following meets and road races:

<b>Sunday, September 13</b>	GBTC Cross Country Festival at Elm Bank in Wellesley, 9 a.m.
<b>Sunday, October 4</b>	East Boston Savings Bank 5km Bay Run/Walk, South Boston, 10 a.m.
<b>Sunday, October 11</b>	Wayland XC Challenge, Wayland HS, 9 a.m.
<b>Sunday, October 18</b>	USATF Developmental Cross Country Meet at Franklin Park, 9:30 a.m.
<b>Sunday, October 25</b>	Boston Mayor's Cup Cross Country Meet at Franklin Park, 10 a.m.
<b>Saturday, December 5</b>	SB Catholic Academy 5km & 1/2 Mile Youth Race, 9:15 a.m.

**Other races to be announced later in the season.**

## DIRECTIONS TO SAUNDERS STADIUM IN MOAKLEY PARK, SOUTH BOSTON

**MBTA:** UMASS/JFK Station on the Red Line (across the street)

**Driving:** Use Exit 14 (from the South) from I-93, the Southeast Expressway. Stay in the right hand lane and follow Morrissey Boulevard until you reach Day Boulevard. Once on Day Boulevard, Moakley Park and Saunders Stadium are on your left, and there are parking lots along the beach to the right or around the other side of the park.