



**GRADES  
K-8**

## **BIG LAGOON CROSS COUNTRY**

# **CHO' LO-'O-MAH**

**LET'S RUN TOGETHER**

**1ST PRACTICE  
TUES 9/6**

**1ST MEET  
THURS 9/22**

**JOIN  
NOW!**

### **PRACTICE TIMES**

TUESDAYS & THURSDAYS  
2:45 - 4:00 PM

### **Contact**

Hannah Macanas  
hannah@biglagoon.org | 707-502-9274

Jessica Clayburn  
jlc119@humboldt.edu | 707-954-0312