

Mountain Movers Cross Country Season 2024!

(including spring/summer events!)

- (Those that register for fall XC season are eligible to participate in any of these events!) HOWEVER, you MUST RSVP on sportyou!!! (our permits and space are still restrictive and I need to be sure I can serve everyone without having to turn anyone away that day!)
- We will have “open” days - see notes. These days are open to anyone who wants to try it or who isn't sure yet! Max tryouts = 2 days due to additional permitting costs.
- Please note that we are a competitive run team and focus on goal setting and meet performance standards. YES! we still have fun, but do compete as well.
- I will provide an email with optional training to do at home for the spring/summer as well!
- Starting in August, we will have at least 1 later practice to accommodate middle/high school students up to 18 years of age or those unable to attend the earlier practices. August will officially start XC practice for all ages and levels and we will have a few tryout days at this time as well.
- Please read through all of the information, print and refer to often.
- Please DOWNLOAD the sportyou app for events, locations, times, and more information such as exact parking lots, directions and requirements.
- Please do not forget to update your USATF membership or get one and affiliate with Mountain Movers XC. I cannot register anyone for meets who is not affiliated with us.
- To participate in the STAUNTON STATE PARK practices, any vehicle dropping off/entering the park will need a valid yearly pass!
- I am currently working on Conifer High School or Middle School Track use options.
- I will have detailed steps below on registration.
- Registration 2024 is open for birth years below- but you must verify their birth certificate via USATF MEMBERSHIP and renew or purchase a USATF membership the same time you register for MMXC (see steps below)

AGE DIVISIONS

- **8 & under** (born 2016+)
- **9 - 10** (born 2014-2015)
- **11 - 12** (born 2012--2013)
- **13 - 14** (born 2010-2011)
- **15 - 16** (born 2008-2009)

- **17 - 18** (born 2006-2007)*
*athletes born in 2005 are also eligible if they do not turn 19 on or before 7/24/2024

REGISTRATION IS NOW OPEN!!!

Steps:

- 1. Register for MMXC [click](#)**
- 2. Register for USATF MEMBERSHIP AND YOU MUST affiliate with MMXC AND YOU MUST Validate the kids birth certificates!!!! [click](#)**
- 3. Download and accept our invite for the SPORTSYOU app- this is our team app to communicate with on all events, practices, locations, times, etc. [click](#)**
- 4. To participate in the Staunton State Park practices you must have a valid, yearly pass [click](#)**

MMXC 2024 OPTIONAL Spring/Summer Events (THESE ARE SUBJECT TO CHANGE TIME/ LOCATION DUE TO # OF PARTICIPANTS, please update in sporty you and watch for updates in sporty you)!

April:

- **8th- Monday** Yates Home Indoor Strength (3:15-4:15pm) *free tryout day
- **19th- Friday** Beaver Ranch (3-4pm) *free tryout day
- **22nd- Monday** Yates Home Indoor Strength (4:30-5:30pm) *Free tryout day
- **29th- Monday Staunton** (4:30-5:30pm) *Free tryout day (keep in mind you need a vehicle pass)

May:

- **3rd- Friday** Beaver Ranch (3-4pm)
- **17th- Friday** Yates Indoor Strength (3:15-4:15pm)
- **20th- Monday** Staunton (4:30-5:30pm)

June:

- **4th- Tuesday** Yates Home Indoor Strength 4:30-5:30 pm *Free Try out day
- **7th Friday** Staunton 4:30-5:30pm.
- **21st-23rd- Friday-Sunday**: Colorado Outdoor Track State Championships Aurora CO (additional cost). [click](#)

July:

- July will be completely off for the kids except their at home training and/or for anyone who plans to QUALIFY and participate in regionals or nationals for outdoor track (additional cost).
- July 11th-14th Colorado Region 10 Outdoor Track Meet Aurora CO (must qualify at State) [click](#)

August

- Starts our practice and meet season for Fall XC!

Extras fun event opportunities

- April 6th Donut Dash 5k (some members of the team are doing it, you must register yourself) [click](#)
- June 28th-30th Team Family Camping (place TBD most likely Pine or Twin Lakes area) Just for fun get together and go camping weekend with the kids! You must rsvp on sportsyou for more information.
- August 17th- MMXC 5k Fundraiser @ Staunton Park (permit pending)
- Check sportsyou for other opportunities as we go!
- Check sportsyou for updated information on the XC Season!