



**Township of Cedar Grove  
Recreation Department**  
525 Pompton Ave. Cedar Grove, NJ 07009  
(973) 239-1410 x220

## **Cross Country**

**FOR CANCELLATIONS DUE TO INCLEMENT WEATHER;  
“LIKE” US ON FACEBOOK, [www.facebook.com/cedargroverec](http://www.facebook.com/cedargroverec) or  
or call Weather Hotline #973-230-9944**

### **DEADLINE TO REGISTER IS SEPTEMBER 4<sup>th</sup>**

- **Who:** Children Grades 1-8 (**GRADES 1-3 LIMITED**)  
Grades 1-3 (clinic) & Grades 4-8 (team)
- **Where:** Cedar Grove Park (Fairview Ave.) – meet by Gazebo
- **When:** **Grades 4-8** Tuesdays & Thursdays, Sept. 10-Oct. 24  
**Grades 1-3** Tuesdays Only, Sept. 17-Oct. 15
- **Time:** 5:30-6:30pm
- **Fee:** **Gr. 1-3**; \$50.00/child - - **Gr. 4-8**; \$95.00/child  
**DEADLINE SEPT. 4<sup>th</sup>** – anyone accepted into the program after this date will be by discretion of the Rec Dept and charged a \$10 late fee.  
**No refunds after program start**  
REGISTRATION WILL BE ACCEPTED ONLINE ONLY  
<https://register.communitypass.net/TownshipofCedarGrove>
- **PARENT VOLUNTEERS NEEDED FOR CLINIC:** In order for the Grade 1-3 clinic to run, we will need parent volunteers. You can let us know if you are available upon registration.
- **Outdoor Programming information:**
  - There may be inclement weather. If a class is cancelled, you will receive an email and can also call 973-230-9944 or check the Cedar Grove Recreation Facebook page.
  - We try our hardest to make up all classes. If we cannot, please note that the price will not be adjusted.

**Description:** Veteran track coach, John Borgese will head the Cross-Country program this fall alongside his returning assistants, Eddie Bates & Michael Doster. Cross-Country is a sport where teams and individuals run long distance races on outdoor courses. Recreation Staff will instruct the children and teach the fundamentals of the sport. Coach John, 201-452-6237.