



# R&L Fusion



PO Box 60 Richey, MT 59259  
406-773-5523

PO Box 260 Lambert, MT 59243  
406-774-3333

**Kara Triplett – Athletic Director – Richey & Lambert**  
[ktriplett@lambertschool.net](mailto:ktriplett@lambertschool.net)

Cross Country Parents and Athletes,

Welcome to the 2024 season! My name is Rachel Overby, and I am a lifelong runner. This year, I ran my first marathon & plan to continue training after the season ends.

HS practice begins on August 16th at 2:45 in Lambert. The transportation bus will leave Richey at 2:00 (due to the ongoing road construction). Practice will last about 2 hours, just so you are aware. We will also practice Saturday morning at 7:00 am, with the practice bus leaving at 6:15 from Richey. I am hoping to have a XC “party” practice, and we can decide when to have that at a later date. 5-8th graders interested in cross country will begin practice Monday, August 19th after school. We will practice in Lambert this week, too.



A reminder: all athletes must have a physical on file with Deb Gibson at Richey, they should bring it to the first day of practice, as this is mandatory in order for athletes to participate. Athletes will also need to complete the concussion form, read the Fusion Athlete's Handbook, and sign the signature page stating they have done so. Those papers may be returned to Deb at Richey, or turned into me by no later than Friday, August 23.

One thing to expect this year are daily practices. Practices are after school Monday-Friday. 5-8th graders will not participate in Wednesday practices. The location of practice rotates weekly between Richey and Lambert. Runners typically ride the bus with all the fall athletes to practice and back. The bus typically arrives back home at 6:30 pm when practices are hosted in the town you do not reside in. When practice is in your town, practice is typically done at 5:00 pm, except on Friday, where we begin and finish an hour earlier.

Come to practice prepared! Runners will need a pair of running shoes. HOKAs, Brooks, and Adidas are three popular brands. Sketchers, Walmart brand shoes, etc may seem appealing but can easily cause injury! Be aware of unpredictable weather changes and be prepared with appropriate gear. We will be running outside most days.

Runners should treat all their teammates with kindness and respect. We all have bad days, but runners should have a positive attitude when arriving to practice. Participants should always expect to run at practice & prepare to face physical challenges, but we will always work at your level as we continue to condition throughout the season and help you reach your individual potential.

I'm so excited to start the year!  
Let's run!

Rachel Overby