



**Sabre Cross-Country Alumni Meet
Saturday, August 5th**

Inaugural Sabre Alumni & Friends Cross Country Meet - August 5th, 2023

Benefitting the Rustie Froemming Memorial CC Scholarship and the Sartell CC Team

[Register or donate today](#) for the inaugural **Sabre Alumni & Friends Cross Country meet!** The goals of the meet are to celebrate our great Sabre CC tradition and family, connect with old teammates and coaches, and have fun competing on the old home course!

The Alumni & Friends CC meet will serve as a fundraiser for the Rustie Froemming Memorial CC Scholarship. Coach Froemming, who died unexpectedly in [2020](#), was integral to the success of the Sabre CC program and the personal/athletic success of many alumni. Proceeds will also benefit the Sabre CC team.

[Register or Donate today!](#)

Sabre Alumni & Friends Cross-Country Meet details:

- [Saturday, August 5th - 9:00am TBA](#)
- [Sabre CC course](#): between the (current) Sartell Intermediate and Middle Schools. Parking available behind and in front of the Intermediate School.

- **Meet schedule:** all activities at the Sabre CC course
 - 5K race (9:00am TBA): open to Alumni & Friends (spouses/partners, non-CC SHS alumni, older children of alumni, etc.)
 - Family Fun Run: immediately following the Alumni meet (approximately 10am)
 - Reception: including post-race refreshments, door prize raffles, and a brief program
- **Meet Registration:**
 - \$25 per individual 5K registration (In-person or Virtual); \$10 off when you register 2 or more 5K racers!
 - Family Fun Run is FREE; please [register](#) all potential participants

Four ways you can participate in the Sabre Alumni & Friends CC Meet:

1. [Register](#) for the In-person meet or the Virtual 5K meet (if you cannot attend)
2. Spread the word about the Alumni Meet to your former teammates!
 - Refer them to <http://www.sabrerunning.com/alumni> for full meet information
 - Connect with other Sabre CC Alumni by joining our [Facebook group](#)!
3. **Donations:** Consider adding an additional donation with your meet registration. Parents, ISD 748 staff, community members, non-CC SHS alumni, and CC alumni who choose not to run can also make a donation!
4. **Sabre CC Beanie:** Add an awesome Sabre CC beanie to your registration cart or through the [online store](#)!

Full meet information, registration, and race updates can be found at <http://www.sabrerunning.com/alumni.cgi>.

If you are interested in making a large private, company, or in-kind donation (such as door prizes, food, etc.), contact the Alumni Meet Planning chair (info below).

If you have any questions about the Sabre Alumni & Friends CC meet, please contact Ben Weihrauch ('97), chair of the Alumni Meet Planning Committee, at ben.weihrauch@colorado.edu or 507-469-9082.

We look forward to hosting you at the Sabre Alumni & Friends CC Meet on August 5th, 2023! GO SABRES!

FACEBOOK: invite your friends with this copy:

Register or donate today for the Sabre Alumni & Friends Cross Country meet on Saturday, August 5!

Connect with former teammates and coaches! Proceeds benefit the Rustie Froemming Memorial Scholarship Foundation and the Sabre CC team.

Full info and registration at <http://www.sabrerrunning.com/alumni> and join our Facebook group: <https://www.facebook.com/groups/sabreccalumni>