

Spring 2026 Buffalo Chips Welcome Letter

Welcome (or welcome back) to the Buffalo Chips youth running team.

The Buffalo Chips youth team is a developmental team designed to help each athlete progress as best s/he is able. We work with all ages and abilities. We are a TEAM. We compete regularly to see improvement. Cross country and relays are TEAM SPORTS!

We have two seasons:

Fall XC season from late August through early December.

Spring Track/Road Racing season from the last week of Feb through mid-June

Practice times/dates: Mondays and Thursdays 6-7:30 pm, (4:30 the until daylight savings time starts) Sat 8 am

Locations: Weekdays: Mondays will USUALLY be at Folsom MS
Thursdays will move around

Saturdays: (usually) Willow Creek off Folsom Blvd, across from the light rail station.

Parking costs money. Park at light rail and walk, drop off your kids, stay with your car or buy a Poppy Pass for parking. The fine is more than \$70! Some practices may be at Beals Point or Negro Bar (same parking issues)

Registration: 1. ALL youth must be members of Buffalo Chips: www.buffalochips.com Update your membership each year.

Practices: Come ready to run. Bring water, wear running clothes (preferably not cotton). If it is cold, wear layers. Eat a snack after school so you have some fuel in you. As it gets warmer, athletes should be adding electrolytes to their water. My favorites are the Nuun tablets, but there are several others on the market.

Watches: All athletes 9+ years old should be wearing a watch to practice. They should know how to start, stop and clear the stopwatch feature.

Uniforms: Singlets are \$25-30 and I have them in stock. I will bring them to designated practices for purchase. They are worn with black bottoms (shorts, leggings). If your leggings are not black, wear black shorts over them in cold weather.

Calendar: www.buffalochips.com