



Aug 2, 2026

Cross Country for JD Athletes - Fall 2026 - here's the news!

Hello Kajaks Families, we hope you are having a great summer!

We are pleased to share the info on schedules and registration for our popular Kajaks Junior Development Cross Country Program - JDXC Fall 2026

The JDXC program is designed for athletes aged 9–13 who are looking to develop their cross country skills in a fun, supportive, and positive team environment. Our program focuses on teaching proper running form, building endurance, and preparing athletes with the skills and confidence needed for training and competition. Through age-appropriate workouts and progressive training, athletes will develop their stamina, speed, and power while learning the fundamentals of distance running and overall athletic movement.

Beyond physical development, we emphasize teamwork, positive sportsmanship, and creating an encouraging atmosphere where every athlete can enjoy the sport, challenge themselves, and celebrate their progress. Throughout the season, athletes will have the opportunity to compete in a variety of BC Athletics meets held throughout the Lower Mainland and the Island, gaining valuable race experience while becoming part of the Kajaks family. Whether an athlete is new to cross country or looking to continue developing their abilities, our JDXC program provides a strong foundation for future success and a lifelong love of athletics.

Pre-Season Training

As an added bonus for athletes who registered before the season begins, Coach Rachel Maika and her team of Coaches will be offering optional pre-season training sessions to help athletes get ready for the cross country season. These sessions are included with your registration. This training is optional but encouraged for all registered athletes!

- Monday, August 17th 4:45-5:45pm Garry Point Park
- Wednesday, August 19th 4:45-5:45pm Terra Nova Park

KAJAKS TFC INFO@KAJAKS.ORG
BOX 216 | 186 – 8120 NO. 2 ROAD
RICHMOND, BC V7C 5J8 | KAJAKS.CA



- Monday, August 24th 4:45-5:45pm Clement Track, Minoru Park
- Wednesday, August 26th 4:45- 5:45pm Imperial Landing across from Steveston Starbucks
- Monday, August 31st 4:45-5:45pm Terra Nova Park
- Wednesday, Sept 2nd 4:45-5:45pm Garry Point Park * **Try it XC Day Bring a friend!**
- Monday, Sept 7th 9:00am to 10am Terra Nova Park - Labour Day Family Run

Regular Season Schedule

Start Date: Wednesday, September 9th, 2026.

End Date: Season runs until Wednesday, October 28th.

Regular Practice Schedule

Day	Time	Location	Meeting Location
MON	4:45–5:45 PM	Garry Point Park	Main field by the Japanese Garden
WED	4:45–5:45 PM	Terra Nova Nature Park	Adventure Playground *Gravel Parking Lot



SAT	9:00 AM	Various locations	Race or practice locations will be posted in TeamSnap
-----	---------	-------------------	---

*** Grade 6 and 7 athletes will also be given the opportunity to train on Thursdays from 3:30-4:45pm. More info to be shared.

XC Meet Schedule

The full schedule of races has not been finalized yet, however, we will be competing in the following races as part of the Lower Mainland JD XC Series:

September 19th: Festival of Cross Country (South Surrey)

September 27th: Vancouver Spirit Run (Vancouver)

October 3rd: Frank Reynolds Memorial (North Vancouver)

October 17th: JD Provincial Championships (NanOOSE Bay on Vancouver Island)

Fees, Payments and Registration:

Membership Fee & Payment

- \$200 JDXC seasonal membership
- \$50 BC Athletics Fall 2026 membership (not needed if athlete already holds 2026 BC Athletics membership)

The Kajaks seasonal cross country membership fee includes a Kajaks New Balance dri-fit shirt.

KAJAKS TFC INFO@KAJAKS.ORG
BOX 216 | 186 – 8120 NO. 2 ROAD
RICHMOND, BC V7C 5J8 | KAJAKS.CA



Registration link:

<https://www.trackie.com/club/2026-kajaks-tfc-9-13-years-cross-country-seasonal-membership-jdxc/1038657/>

Payment Options:

- Online (5% convenience fee applies)
- E-Transfer to info@kajaks.ca (security answer: orange)
- Cheque (in person) payable to: Kajaks Track & Field Club
- Payment plans are available. Please contact info@kajaks.ca for more information.

Kajaks offers funding support for:

- Athletes requiring financial assistance (conditions and limits apply)
- Newcomers to Canada
- Indigenous athletes
- Athletes with a disability

If you have any questions about financial assistance, please contact info@kajaks.ca

Kajaks Volunteer Policy

Kajaks welcomes support from our families in running our programs and hosting events.

Kajaks member families are encouraged to get involved particularly in our event hosting and will earn a \$50 discount code for future registration by completing and recording more than 5 hours for this program:

- Free XC Try It Day on Wednesday September 2nd - tell your friends!
- Labour Day Family Run on Monday September 7th
- Richmond School District XC Meet
- a potential Halloween event
- volunteer when Kajaks hosts 2027 Steveston Icebreaker 8k & New Balance Kidsrun on Sunday January 17, 2027
- Other opportunities to volunteer include helping with coordinating team tent at meets, taking photos, organising a team dinner during the JDXC Champs in Nanoose Bay, please ask us how you can help out!



BC Athletics Registration

All athletes are required to register themselves for a 2026 BC Athletics membership as part of signing up for the program, before attending their first practice.

DO YOU ALREADY HAVE ONE? Athletes who were part of other Kajaks 2026 programs should already have a BC Athletics membership, you can check that here:

<https://athleticsreg.ca/#!/memberlookup/bc-athletics-2026-member-lookup>

After you have secured your Kajaks JD program registration, please click at the BC Athletics link below and register for a FALL 2026 membership, cost is \$50.

REGISTER WITH BC Athletics for Fall 2026:

<https://athleticsreg.ca/#!/memberships/bc-athletics-2026-membership>

NEW KAJAKS members must email confirmation of their 2026 BC Athletics membership to registrar@kajaks.ca
Please do this immediately to avoid missing any practices.

Share your Kajaks Pride!

Please consider following on social media to ensure you have all the info about our club and activities:

Kajaks Track & Field Club @kajakstfc and tagging #kajaksfam #kajaksXC in your posts

Steveston Icebreaker 8k & New Balance Kidsrun @icebreaker8k

Contact Us:

Please contact us if you have any questions:

Programs and schedules: Coach Rachel Maika JDPrograms@kajaks.ca

KAJAKS TFC INFO@KAJAKS.ORG
BOX 216 | 186 – 8120 NO. 2 ROAD
RICHMOND, BC V7C 5J8 | KAJAKS.CA



Registration for Kajaks or BC Athletics: Registrar Danielle Cosco registrar@kajaks.ca

Financial questions: Karen at info@kajaks.ca

Thank you - we look forward to having your athlete join us this season!

Karen

Karen Fisher Hagel

Club Manager info@kajaks.ca