

Dear Cross Country Team of 2005,

Friends, runners, Towne & Country men, lend me your ears! The captains-elect of the 2005 Cross Country Team would first of all like to thank everyone on the team, both those who have committed already, and those who are still wandering about in a daze getting ready to commit. We would like especially to thank all those who have showed themselves at team meetings during this chaotic time of the school year, and we look forward thankfully to the opportunity you have given us to serve and lead the team this year, in concordance with our fellow seniors and varsity runners (or anyone with particular charisma/nice hair).

We would like to make this summer one in which the credo of "Tradition, Class, and Pride" really comes to mean something for all of us on the team. It will require both a team and an individual effort from each and every runner. It will require discipline and focus. It will require a complete lack of shame (which has to do with running apparel, something we'll touch on in chapter 3). Essential to all of the aforementioned prerequisites is a sense of community on this team. We as captains will call you. The coaches will call you. Dave Rhoads may call you. J. Edgar Hoover will not call you. Only the very highest echelon of runners can train as isolated individuals for extended periods of time, and they usually have deep-seated personality issues. WE need you guys, and we would like to think that you need one another. Run the miles, do the core routines, sweat the tiny details when it comes to stretching and hydration and sleep, but do it together. If you are having an off day, don't be a hero and go out for a gruesome eight mile run with a limp and a bad case of shingles. Pick up the roster, call a friend, call a senior, call a coach, visit someone and it will be so much easier. We are runners, not machines, and we cannot operate independently of one another. We will labor together, we will eat and drink and be merry together, we will laugh together and we may cry together. Earn this season gentleman. Nothing is going to put us at that state finishing line if it's not the dedication of every single runner on this team. Fate does not play a hand on this team. We will see you all at Coach Flanagan's house for the barbeque, and Shane Lawliss will be bringing the Twister® mat.

Respectfully, and thankfully,
Your Captains



Andy Bonner



Michael Jonagan



Drew Kaiser



Ben Murphy-Baum



Shane Mulligan