



## MIDDLE SCHOOL CROSS COUNTRY

- >>> GRADES: 6th, 7th & 8th
- >>> PRACTICE: Mon.-Fri. (after school)
- >>> RACES: Saturdays (Aug.- Oct.)
  \*\*\*Deadline to join team is Aug. 18

- Love to run?
- Want to get in shape?
- Want to get fit for a winter sport?
- Or just want to get involved?

NO MATTER THE REASON ALL ARE WELCOME!