

Sign Up Now
For
Meadows Cross Country
Fall 2010



Benefits:

- ✓ Get in phenomenal shape
- ✓ Improve your academics
(running is shown to improve cognitive function)
- ✓ No experience necessary
(distance runners are made, not born)

Who Should Join:

If you like to run (or if you don't like to run but are open to the idea) and are looking for a fall sport

When to sign up:

There will be a mandatory organizational meeting for all interested students on *Monday, May 24 at 3:15 pm at the Field House*

(Those that are unable to attend may contact Coach Charles Bernick for information at bernicc@ccf.org)