

Summer Running

GMS Cross Country

*Making Fall Champions*

During the months of June and July cross-country runners will meet on Mondays and Wednesdays. In June we will meet at Westside Park. In July we will meet at Craig Park. The first summer practice will be June 1st, and all running workouts will be from 6:00 to 7:00pm.

All summer workouts are open to anyone who would like to run with us. We love for parents to run with us. Young runners (4th grade and under) must have an adult running with them.

5th graders may run with the team in all meets, except for the County and Conference.

**Every middle school runner and 5th grade runner must have a physical turned in by July 1st.**

You may go to our cross-country website or twitter page for links to forms and additional information about the team.

Website: <http://gmscrosscountry.weebly.com/>

Twitter: GMSXCountry



