



# Highlanders 2019 Cross Country



“Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass.” – Wikipedia



- XC is a competitive sport for kids in grades 5-8.
- To join, participants must be able to run at least a half-mile without stopping.
- Practices: *rain or shine*, Tuesdays and Thursdays after school until 5 pm.
- Pick-up: Wing parking lot
- 8 week season: September 3 through October 31. (no xc 9/17 or 9/19)
- \$120 per runner
- Coached by Becca O'Toole

Please contact Becca at [theotoolefamily@gmail.com](mailto:theotoolefamily@gmail.com) or 610-704-1036 with any questions.

Please register using the link:

[https://docs.google.com/forms/d/e/1FAIpQLSfwfzkXmO-SQDJedTmPAbBIHz1Vkvx8h\\_Zp9ec9NEYaUmkuw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLSfwfzkXmO-SQDJedTmPAbBIHz1Vkvx8h_Zp9ec9NEYaUmkuw/viewform?usp=sf_link)

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