

TOP 3 THINGS TO HELP JAMESTOWN XC GROW!

- 1) ASK RISING 9th graders and friends to Join Cross Country
- 2) Do the Preseason training!
- 3) Be a great teammate and run with your friends over the summer!

SUMMER TRAINING INCENTIVES

During the summer months keep track of your miles you run and earn one of the following shirts!

- 300 mile Club June 10-September 2nd (average of 3.5 miles per day)
- 500 mile Club Dates: June 10-September 2nd (average of 5.88 miles per day)

Go Eagles!