

**CROSS COUNTRY RUN CARD
WEEK 3**

NAME:

DATE FINISHED: (Due Fri 9/18)

MILES COMPLETED: (Due 4mi OR 60 min)

LOCATION OF RUN:

WITNESS: (either ONE parent or TWO varsity members)

**CROSS COUNTRY RUN CARD
WEEK 3**

NAME:

DATE FINISHED: (Due Fri 9/18)

MILES COMPLETED: (Due 4mi OR 60 min)

LOCATION OF RUN:

WITNESS: (either ONE parent or TWO varsity members)

**CROSS COUNTRY RUN CARD
WEEK 3**

NAME:

DATE FINISHED: (Due Fri 9/18)

MILES COMPLETED: (Due 4mi OR 60 min)

LOCATION OF RUN:

WITNESS: (either ONE parent or TWO varsity members)

**CROSS COUNTRY RUN CARD
WEEK 3**

NAME:

DATE FINISHED: (Due Fri 9/18)

MILES COMPLETED: (Due 4mi OR 60 min)

LOCATION OF RUN:

WITNESS: (either ONE parent or TWO varsity members)
