## WEEK 5

## CROSS COUNTRY RUN CARD CROSS COUNTRY RUN CARD WEEK 5

| NAME:   | NAME:   |
|---|---|
| DATE FINISHED: (Due Fri 10/2)                       | DATE FINISHED: (Due Fri 10/2)                       |
| MILES COMPLETED: (Due 5 mi OR 60 min)               | MILES COMPLETED: (Due 5 mi OR 60 min)               |
| LOCATION OF RUN:                                    | LOCATION OF RUN:                                    |
| WITNESS: (either ONE parent or TWO varsity members) | WITNESS: (either ONE parent or TWO varsity members) |
| CROSS COUNTRY RUN CARD<br>WEEK 5                    | CROSS COUNTRY RUN CARD<br>WEEK 5                    |
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|   |   |