## WEEK 1

## CROSS COUNTRY RUN CARD CROSS COUNTRY RUN CARD WEEK 1

NAME:	DATE FINISHED: (Due Fri Morning 9/2)  MILES COMPLETED: (Due 2mi OR 30 min)		
DATE FINISHED: (Due Fri Morning 9/2)			
MILES COMPLETED: (Due 2mi OR 30 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 WEEK 1	CROSS COUNTRY RUN CARD WEEK 1		
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