



Informational meeting for anyone living in the Mitchell school zone interested in running Cross Country

What is Cross Country? Cross country running is a [sport](#) in which teams and individuals run 5K (3.1 miles) races on courses over natural terrain such as dirt or grass. We train throughout the summer (not mandatory) and train/race during the beginning of the school year through the State championships on November 9.

When?—Wednesday, May 22 at 3:10 (after school)

Where?--RED commons (500 Building) at Mitchell High School

Who?—Anyone who wants to improve fitness, learn to run and race, and compete at his/her highest level. There is strength in numbers, so bring your friends!

To receive messages and/or to communicate with Coach Parmenter: text “@mustangsc” to the number 81010.