

10 reasons to do Cross Country in WJCC!



Cross Country Meeting at Hornsby Middle School for rising 9th graders on Friday, May 4th at 2:45pm!
Sign up for the meeting in the main office!

Key Info for Jamestown High School:

For more info on Warhill and Lafayette contact coaches below!

First practice starts on August 1st at
Jamestown 6:30am (meet at track)

Sign up for info at Remind: text
@jamestcc to the number 81010

Must have a VHSL sports physical dated
after May 1st, 2018. Completely filled out.

Iron Eagle camp starts: July 9th - \$20.00

More info at: www.gwrun.org

1. Make new friends!
2. Make a commitment
3. Until you have tried running, you will never know how enjoyable it can be.
6. Find out something new about yourself!
7. You don't know if you don't try...
8. Learn to be humble
9. Learn to sacrifice
10. Learn how to be a great teammate!

Jamestown High School – Mark Tompkins

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Lafayette High School -Craig Wortman

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Warhill High School-Kameron Schaefer

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