

St Thomas More

“Run With It” Cross Country Program

The St Thomas More Cross Country program offers students the opportunity to experience the joy of distance running, learn exercises and techniques to improve their speed, strength, endurance, and run with athletes their own age.

- Our program emphasizes the fundamentals of cross country and sportsmanship.
- Beginner runners learn basic running techniques and the importance of a healthy lifestyle.
- More experienced runners focus on strength, flexibility, endurance, technique and speed.
- All runners learn lifelong lessons for effective stretching practices, good running form and pacing.
- STM coaches have substantial running experience and have every year developed many STM students into highly ranked state, and even nationally ranked cross-country runners.
- Students in grades 1-6 compete in 1 mile races.
- Students in grades 7-8 compete in 1.5 mile races.
- Races are after school at County and City park locations in Sept and Oct. Most are Friday afternoon.
- Season Practices:
 - 1st practice is Tuesday, August 26, 2025.
 - Optional summer practices are in July.
 - Practices are 60 to 65 minutes.
 - Practices are offered 3-4 times a week, so students can participate in other activities.
 - Parents can choose the nights that fit their schedules.

Just “Run With It” and join our team!

For more information and/or to be added to the mailing list, call or text Coach Jen at 781-254-9342 or email her at jenmudge@comcast.net

***** Sign up before the end of school to be added to the email distribution list for summer run notifications. *****