

BULLDOG **CROSS** **COUNTRY** **SUMMER** **RUNNING**

WHEN

July 3,5,10,12,17,19,24,26

WHERE

Tuesdays—Lock 29 Peninsula

Thursdays—Happy Days Trail

6:00—7:30

Email jhoward@woodridge.k12.oh.us for information

GRADES 7-12

IN SEARCH OF...

- **Great Students**
- **Great Teammates**
- **Great Friends**

ALL ARE WELCOME!

- **summer training plans available**
- **Come out...try it...nothing mandatory until August 1st**

FITNESS

Running, Yoga, Stretching, Form Drills, Nutrition

TARGETING...

Potential Members of the Woodridge Cross Country Family and/or anyone interested in youth fitness!

POSSIBILITIES

63 + XC/T&F Student Athletes competing at various collegiate levels in last 20 years...