



# Meadow Montessori School

Twenty Years of Excellence in Education

7/29/11

Dear Cross Country Runner,

Welcome to an exciting season of running! Whether you are a new or returning member, I look forward to getting to know you better and to help you train. Running is a versatile skill that carries over to many areas in life: not only does it help build endurance (useful in many other sports), but it is also a fun, healthy way to build discipline.

While we do work as a team, running is also an individual sport. We will help you achieve your goals and also build workouts for you to follow at home. Being on a team requires commitment and discipline, but it is also a great starting point for those who are still working on these life skills as well. By joining the team, you must be willing to challenge yourself and not give up. We all know that it can be incredibly difficult to try something new, so congratulations on taking the first step!

As you continue to train and increase distance, I invite you to keep track of your running miles. By joining the Meadow Montessori Cross Country team you are automatically eligible to participate in the 100 Mile Club. All you have to do is record your mileage between August 9, 2011 and December 16, 2011 (be sure to write this down to show you logged 100 miles!) and you will receive a 100 Mile t-shirt. I am including a running log to make it easy, so all you have to do is run and keep track!

Sincerely,

Coach Anya McCormick

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