Do you love to run??

Then the MS Cross Country team is just the place for you!

Come join the Ypsilanti Middle School Cross Country team!

What is Cross Country?

1. A two mile competitive race!
2. No timeouts, substitutions, breaks or benches!
3. Running off the track in outdoor settings!

What is a Cross Country runner?

1. Someone who loves to run!
2. Someone with passion, heart and mental toughness!
3. Someone who isn't afraid of mud, grassy fields, roads and hills!

There will be four Jamborees this year:

- **Wed. Sept. 12 at Tecumseh, 4:15pm**
- **Thurs. Sept. 27 at Hudson Mills Metropark, 4:15pm**
- **Sat, Oct. 6 at Sterling State Park in Monroe, 9:00am**
- **Wed. Oct. 10 at Saline, 4:15pm**

Practices begin Monday, August 27th and will be held at Shadford Field (Packard Rd, down the street from the high school) Monday through Thursday. Practices will from from 2:45-4:15pm. Pickup will be promptly at 4:15pm at Shadford Field. Buses will be provided for meets. We have requested busing from YCS and ACCE schools for after school practice. We are currently awaiting confirmation.

Contact Coach Amanda at 319-209-0050 or adunham20@gmail.com to sign up!