

## Cross Country

I would like to invite any student interested in representing Franklin in a fall sport to join the cross country team. Please just meet after school at the flag pole Thursday or Friday or call 760-2442 or 758-0489 for more information. Everyone from grade 5 up is welcome to join.

Cross Country is a long distance race run through trails, parks, and other beautiful places. It offers greater physical endurance and strength for everyone who participates from the first place finisher to the last. It is a very positive sport where all participants are recognized by cheers even from the other teams. I have been around cross country as a runner and a paid coach (now a volunteer coach) for many years and it gives me great pleasure to share this exceptional sport with anyone who wants to give it a try.

We will welcome everyone.

Gregory Gorchel ssgorchel@yahoo.com  
Franklin Cross Country Coach