



# **GMS CROSS COUNTRY VIRTUAL SUMMER RUN CLUB**

## **Making Fall Champions**

During the months of June and July cross-country runners will complete virtual training runs. All virtual summer workouts are open to anyone who would like to participate. You don't have to be interested in joining cross country to participate.

The cross country season is open to any 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grader. Although we are uncertain of how the cross country season will turn out, we are hoping for the best, keeping safety in mind.

Please email Mrs. New, [mnew@gws.k12.in.us](mailto:mnew@gws.k12.in.us), if you are interested and she will send you the information.



**Greenwood  
Middle School  
Cross Country**

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**Head over to our  
website,  
Instagram, or  
Twitter for team  
updates and  
information!**

**Website:**

[gmscrosscountry.weebly.com](http://gmscrosscountry.weebly.com)

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**Twitter/Instagram  
GMSXCountry**

**Contact Info:**

**Head Coach:**

**Mrs. New**

[mnew@gws.k12.in.us](mailto:mnew@gws.k12.in.us)