



Fall is here! And you know what that means!

Time to Run, Come join us!

When: Our First Practices will be held on Sunday September 8th at 10 AM and Monday September 9th at 6PM (remaining schedule to be determined next week)

Where: Mercer Meadows – entrance in Lawrenceville where Cold Soil Road and Keefe Road meet.

Who: Cross Country is open to all who want to run.

The CYO Cross Country Championship meet will be held October 19th at Mercer County Park and we will have other races with St Gregory the Great and TCA during the next few weeks.

Stop by one of our practices to join or learn more about Cross Country Running, or email Kurt Steege at kurt.steege@gmail.com

Come learn how to run and have some fun!

