



Open to boys and girls age 10 through high school

Runners of all abilities are invited. Coach Williamson will provide suggested workouts for non-practice days.

The goal of cross country is to challenge yourself and to encourage your teammates. You will be surprised at how much you can improve when you put in the effort!

Summer practice will be held at Cedar Falls Park in Chapel Hill. Runners can come as their family schedules dictate (We understand summer vacations). Fall practices will be held at Chapel Hill Bible Church.

Currently Scheduled Meets:

- Aug. 24th - Greensboro Gladiators
- Sept. 8th - Grace Christian School
- Sept. 24th Lee Christian School
- Oct. 1st - Haw River Christian School
- Oct. 5th - Grace Christian School
- Oct. 10th ??? - State Meet

Bio:

Coach Williamson is the senior pastor at Faith Alliance Church in Durham and has 20 years of experience working with teens. He has been running since middle school and has 8 years of experience coaching cross country. He has led teams to District Championships and taken several runners to the state level.

**Summer Practice:
beginning July 13**

**Cedar Falls Park,
Chapel Hill**

9-10 AM, Days TBD

Cost: \$200

**Race Distance:
Middle School – 2 miles
High School – 3 miles**

Contact info:

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