

## **Some Advice: Join the Booster Club!!!!**

- 1) Eat at least 2 hours before you run**
- 2) Drink water up to 30 minutes before you run. Drink Gatorade after you run**
- 3) Dual Meets Begin at 4 pm with Frosh Boys, Frosh Girls, JV-Varsity Boys, JV-Varsity Girls)**
- 4) You need at least 8 hours of sleep every night**
- 5) On race day Frosh, JV and Varsity teams will stay together, jog the course and stretch**
- 6) We cheer for all members of our team**
- 7) PARENTS sign up to help at our HOME meet on Sept. 21st**
- 8) Great American Meet and Grout Meet**
- 9) Eat good foods (pasta, bread, pasta, fish)**
- 10) Don't run through an injury**
- 11) JV and Varsity uniform tops – XC Jackets**
- 12) XC Banquet will be on Sunday, November 14th**
- 13) Check out websites: [section2harrier.com](http://section2harrier.com)  
[armorytrack.com](http://armorytrack.com)  
[womens-running.com](http://womens-running.com)  
[bethlehemruns.org](http://bethlehemruns.org)**