

WHAT DOES CROSS COUNTRY DO FOR THE ATHLETE ?

- (A) IT BUILDS TOUGHNESS (BOTH MENTALLY AND PHYSICALLY)
elaborate
- (B) Character - You have to be a SPECIAL BREED OF CAT TO GET UP AT 5 OR 6 IN THE MORNING FOR THAT WORKOUT.
- (C) BUILDS PRIDE - WHEN YOU SUCCEED IN A TOUGH WORKOUT OR RACE YOU FEEL GOOD ABOUT IT AND YOU SHOULD.
- (D) Dedication - You have to be dedicated because you're the only person that can do the work - No one else can do it for you.
- (E) FRIENDSHIP - The guys you workout with have a very common bond and interest. All of you can relate to the work you have done and have to do.