

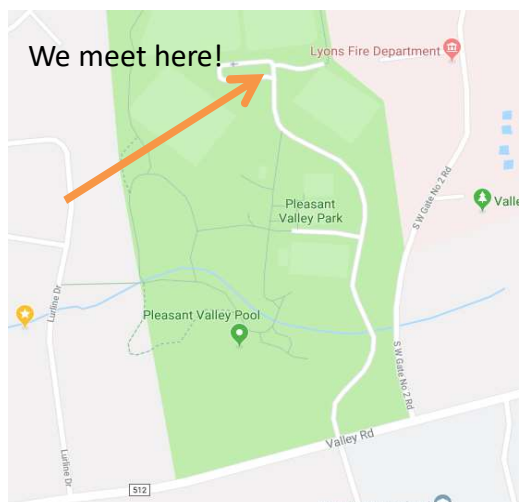


Who's Ready to Run?



**St. James Cross-Country Team Starts Practice on
Tuesday, September 18!**

SJS needs runners of all skill levels in grades 3-8 to join the St. James Runners.



- Practices are two times per week
- Every Tuesday and Friday
- Practices are held from 6:00 PM to 6:50 PM
- Practice is at Pleasant Valley Park by the baseball fields in the back of the park
- Registration Forms are available on the School website under Athletics/Cross-Country/Forms
- Bring your FAST!



**If you need any information about the program you can contact
Matthew Wizeman at 917.854.5012 or matthewwizeman@yahoo.com**



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