
You all have the capacity to excel. We only ask that you give of yourself and to your team in an effort to make this season and every season the greatest season you have ever had.



Contact Us

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University High School Cross Country

Building Student Athletes

— Since 1857 —

Reminders

- Check the condition of your training shoes! If they are worn or are no longer offering adequate support, it's time for a new pair! Please do not delay getting new shoes. Old shoes are a quick way to early injuries.
- HYDRATE all day. Please make sure that your athlete is consuming water on a regular basis. Proper hydration takes place all day--not just right before or after a run.
- Please bring a water bottle to practice each day. If you bring standard purchased bottled water, please mark it as yours. All store bought water bottles look the same after a run!

Summer Running

STARTS: JUNE 16, 2025

Monday, Tuesday and Thursday from 7:00 am - 9:00 am at U-High in the Main Lounge.



Website Address
UHSRUN.COM

