

Cross Country Is A Fun Run

By George Houk.

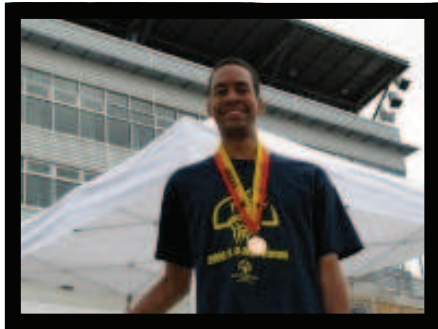
Our spring season ended at Towson University on the first weekend of June, after yet another spectacular Summer Games. Many of the athletes who competed in the track and field events at Unitas Stadium achieved "personal bests", running faster and jumping or throwing farther than they ever have done before. They should be proud of their achievements, no matter what was

Black Hill Regional Park, where our kayak team practices. The SOMO athletes whom I see most often have achieved success in several sports, because they are active from January all the way through Decem-

and five-kilometer runs, allowing everyone to join the fun.



A grinning Jan Niderstigt-Gonzalez, looming over the author.



Multiple medal winner Terrell Limerick.

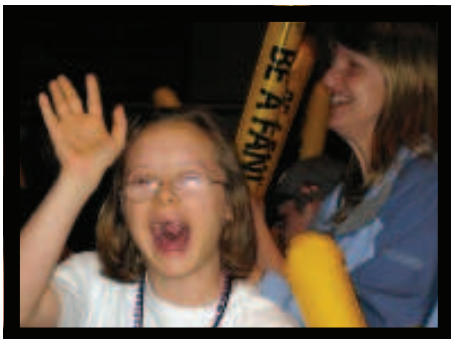


"Winning the Gold" at the Summer Games

draped around their necks on the medal stands. I have the pleasure of working with many SOMO athletes throughout the year. Smiling faces of those I saw last winter during skiing and snowshoeing season re-appeared in the spring for athletics at Good Counsel High School. I greet several of them each Saturday in the summertime at

ber. These folks stay in good shape by participating in a sport in each season.

Remember: all sports are more fun when you're in good shape! Cross country running is a great way to stay in the good condition that you worked so hard to achieve leading up to the 2009 summer Games. Whether you play soccer or tennis in the fall, play basketball or ski in the winter, or run, swim or play softball in the spring, cross country running is a wonderful way to stay fit and trim.



Athletes and fans at opening ceremonies at the Summer games

Many of those who competed in Towson a couple of weeks ago are already planning to participate in the cross country running program, which starts next month. I can hardly wait for the summer practices to begin again. Cross country running season starts in July and finishes in October, when we participate in the state-wide Fall Festival at Mount Saint Mary's College in lovely Emmitsburg.

This year, our practices will be held at Olney Manor Park on Wednesday afternoons, starting July 8th. We will be adding a weekend practice in early September. Men and women and kids of all ages are taking part in this sport. Whether you run like a deer or enjoy a brisk walk, you can be part of the cross country program. We have unified partners who participate too. The cross country events include both two-kilometer



Alex Shapiro and David Holden playing Bocce at the summer games.