

The following booklet hopefully will explain some of what cross-country is all about here at Lynbrook. It is not intended to be complete and a masterpiece, but a small insight into the sport of Cross - Country.

Mr. and Mrs. Frank Martin are the boys' cross country representatives to the Athletic Boosters Club, while Mr. and Mrs. Tito Membreno are the girls' cross country representatives to that ~~new~~ organization. I hope that you will join and be an active participant with that group. They do a great deal for cross country and all the sports on campus. Without them, the sports program here at Lynbrook would have a difficult time. I would like to thank the cross country reps for all their help during the 1982 season; the team also appreciated all their time, effort and support.

The 1983 season will be a very interesting one for Lynbrook. In both the girls and boys divisions, Lynbrook with a young but more experienced team should move up the ladder. How far will be determined by the runners themselves. The Region II competition will be very strong. Any team from Region II that gets to the CCS Section meet will certainly deserve it.

I will be away from Lynbrook most the summer, but I will be able to get back here once in awhile. I'm hoping that everyone will get some running in this summer. Right Mike.

Please add to the list of sophomores the following name that was left off.

sophomore

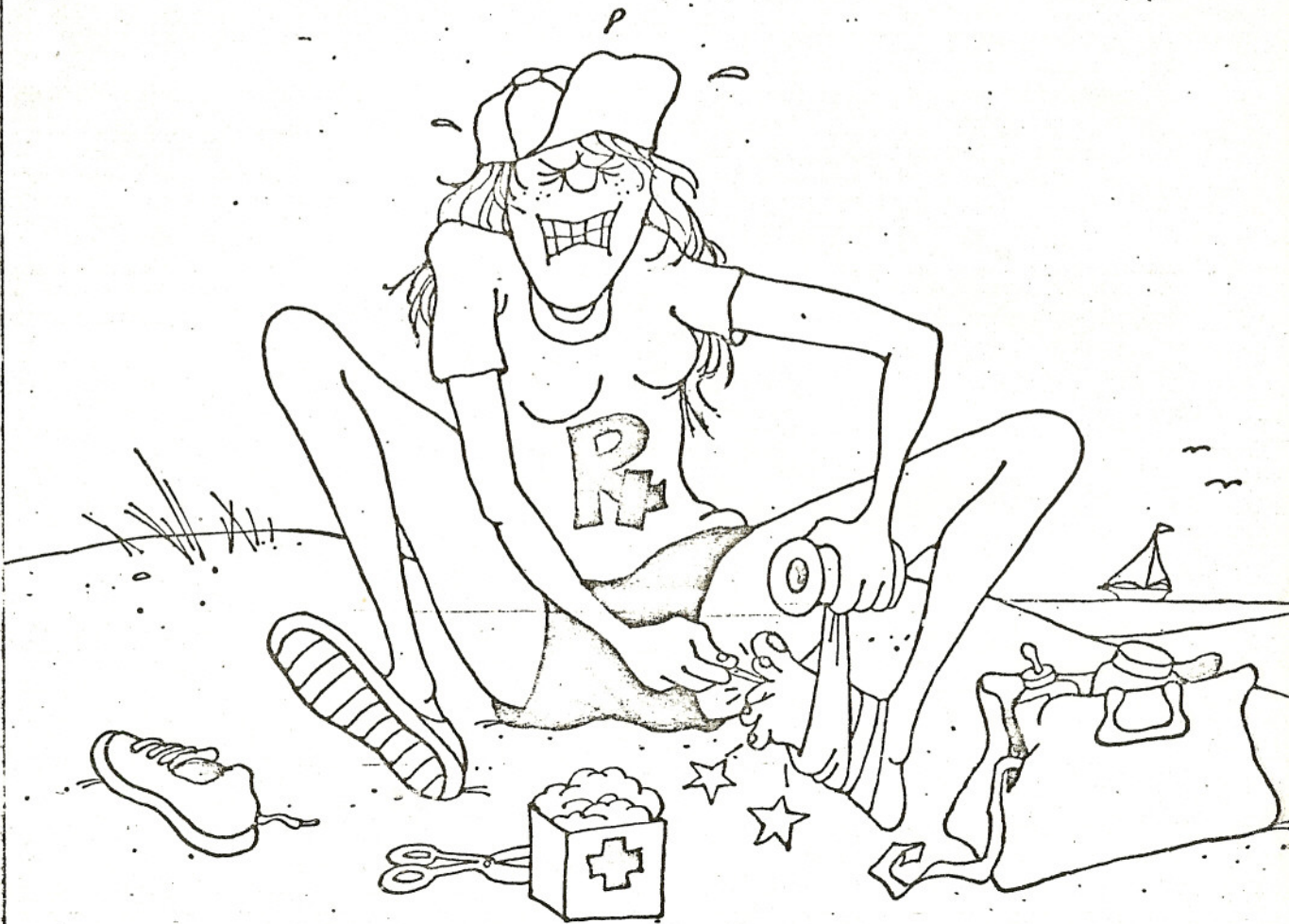
	Membreno, Lisa	1544 Elka Ave., SJ	255-3371
<u>junior</u>	Hublou, Scott	5410 Ora St., SJ	255-9371

See you August 22nd at 9:15 am. If I'm not here, the plane hasn't landed.

James Deomberg



Warm-up exercises serve a dual function. They allow you to stretch your muscles and they give passersby something to laugh about.



There is some controversy about whether you should run on soft or hard surfaces. Do not let this concern you. After a few miles, all surfaces are hard.

The following has been taken from the "National Track and Field Rule Book-1983".

RULE 9

CROSS COUNTRY

Section I Course

Art. 1.... The cross-country run shall be a course 2500 to 5000 m. (1½ to 3 miles) in length as determined by the games committee. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be by a wideline marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about 1 ft. square and mounted on stakes which hold them 2 ft. or more above the ground.

FLAG DESIGNATIONS

A red flag indicates a turn to the left
A yellow flag indicates a turn to the right
A blue flag indicates a course straight ahead.

Section 2 Scoring

Art. 1..... Scoring shall be as shown in the following table:

Place:	first	Second	Third	Fourth	Fifth	Sixth	etc.
Points:	1	2	3	4	5	6	etc.

Art. 2.... All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the smallest number of points is the winner.

Art. 3.... If fewer than five competitors of a team finish, (or other number specified by the games committee) the places of all members of that team shall be disregarded and the team scores reranked.

Art. 4.... Ties in team scoring shall be resolved by comparing the sixth place finishers from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail.

Art. 5.... If only five competitors of tying teams finish, the team scoring shall be resolved totaling the scores of the first four finishers.

Section 4 Teams

Art. 1... A cross country team shall consist of seven members unless otherwise agreed. In dual meets a maximum of 12 members may be entered but only the first seven on each team shall enter into the scoring.

May , 1983

Dear Cross Country Parents,

As Cross Country Representative to the Athletic Boosters, I serve as the liaison between that organization, the coach, and the parents. My duties include keeping you informed of booster activities, cross country activities, and helping Coach Thornburg make arrangements for transportation to our meets.

The Lynbrook Athletic Boosters is a group of parents from all sports working together to support our school sports program. Through our combined efforts, over \$ 12,000.00 was earned this year from our fundraisers. This money went to support the various sports activities. Boys cross country received new uniforms this year, and our girls will be receiving them in the fall. Please support our fundraising activities next year. I also urge you to support our organization by sending in your family membership in the fall.

Mr. Thornburg is an excellent coach, as many of you probably already know. He has scheduled several meets for our runners through the middle of November. Because our school district does not provide transportation to these meets, and because we feel that it is better that the students themselves do not drive, we rely on parent help. If you will be able to help by driving to any of the meets please fill out the form below and return it to me. Also, indicate if you can drive only on certain days, dates, etc. I will always call a few days before to confirm time and place.

Also, if you would like to provide some refreshments for the runners they will be most grateful. Ice, fruit, juice, and cookies are some of their favorites.

If you have any questions about cross country or the Athletic Boosters please call me at 255-2401.

Candy Martin

Please fill our and return to: Candy Martin
1069 Cynthia Lane
San Jose, California 95129

_____ I would like to help drive

_____ I would like to provide refreshemnts

Please list any specific dates or days you are/are not available.

Name _____ Phone _____

Runners name _____