The Sport for EVERYONE.

The Sport of Cross Country is a competitive team sport offered in the fall. Training and optional group runs start in the early summer. Teams consist of seven runners who all race together at the same time with other teams. The top five finishers from each team are scored and their finishing places are added up to give you the team score. The lowest score wins. High school races are 3.5 miles, or 5 kilometers (8K) long, while junior high races are usually 2 mile long. The courses are mostly run across grassy fields, wooded paths, and have a mixture of uphills and downhill, and some courses include creek crossings and log jumps to make it interesting!

A great thing about cross country is that everyone gets to compete! There are NO cuts, and there is NO BENCH to sit on while everyone else plays! Everyone runs on the same course, and although the first 7 runners to cross the finish line are considered the scoring team, at every meet ALL athletes get to participate.

TEAM AND INDIVIDUAL SUCCESSES

Over the past several years, Warren has qualified several teams to the state meet on both the boys and girls side. The boys have finished in the top 10 in the state, while the girls have finished in the top 15. Warren has also won several regional and district team championships, and had numerous runners make All-Region, All-District, and All-SEOAL. Additionally, several Warren runners have made All-Ohio as well, which is awarded to runners who place among the top 25 at the state meet. Warren runners have also placed among the top 10 individuals in the state.

RATONS TO RUN CROSS COUNTRY

There are as many reasons to run cross country as there are runners!

“Running is the greatest metaphor for life, because you got out of it what you put into it.”

Carbo parties!!! Lots of pasta, lots of fun. Once you’ve been to one, you’ll realize how incomplete your social calendar really was.

Status Symbol. Not everybody knows this but being a part of the Cross Country team is the top rung of the social ladder.

Free Tutoring. What better way to improve your grades than to spend some quality time on the bus doing homework with some of the smartest kids in the school.

Get Rich! You’re saving money since you can now run anywhere (eliminating your dependence on the automobile) thus freeing up your hard earned money for more important things such as ice cream and music CDs.

Social contact. While running can be a solitary experience, teams and clubs enhance the good feelings by providing company and motivation. Group running is uplifting. You feel less fatigue plus a desire to stay on pace. Each member of the group enables others to improve. On high school teams, success is contagious.

The Ultimate Diet. That’s right, eat what you want, when you want because you’re going to be burning some major calories at practice, in the weight room and on those early morning runs.

“Few of us know what we are capable of doing... we have never pushed ourselves hard enough to find out.” - Alfred A. Montapert

Nature. It’s easy to take it for granted, but running in the great outdoors is so rewarding. Trail big hills and little creek crossings, splash runs, mud and sunny runs, the fall colors and crunch under your feet, front of you, chasing squirrels and rabbits, all leave satisfying memories etched in your brain.

Run with Olympians. Running is one of the few sports in the world where Olympians compete in the same events as everyday citizens. For instance, the Parkersburg Half-Marathon each August always has several world-class, Olympic runners in the race, and you can run (well, try to run) with them in the same race!

Fit For Life. Being a member of the cross country team will give you the skills and knowledge to enjoy a fitness lifestyle now and for years to come. The cardiovascular benefit from running - making your heart strong and efficient - is unmatched by almost any other form of exercise. Running can reduce the risk of many diseases, which affect young people as well as adults. As a bonus, running is something you can do the rest of your life.

“When people ask me why I run, I tell them, there’s not really a reason, it’s just the adrenaline when you start, and the feeling when you cross that finish line, and know that you are a winner no matter what place you finished.”

Simplicity. Running basically requires the will and some free time. Nearly anyone can run, and even excel at it. You don’t need a special skill. No special equipment other than running shoes. Running is satisfactory to all participants at all levels. Every run can be an interesting and new experience.

Join an Exclusive Club! It takes a special person to run Cross Country. It’s demanding and it’s not for everyone. But for all the past runners who make up the history of Warren Cross Country, it’s a highlight that continues to burn bright in their lives long after they have left Warren.

“I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow - as you wanted, fighting the wind if you felt like it, seeking out new rights just on the strength of your feet and the courage of your lungs.” - Joan Overson

Personal basis. Goals of running faster are big motivation. It’s all about challenging yourself. You can try to challenge yourself to beat the clock, or challenge yourself to finish ahead of another runner. The challenge may also be to run more miles faster at practice. Every runner thrives on goals.

Get in shape for winter sports. Cross country is a great way to get in shape and ready to go for other sports like wrestling and basketball.

“I have met my hero, and he is me.” - George Sheehan

Success is yours! Your level of effort determine how good you become, how far you advance, and whether you achieve your goals. At the same time, each runner who sets a goal and strives to achieve it is a winner in their own right. YOU are the single greatest factor in your success.

Individuals and Teams. We value how we do as a team, but we also can value and take pride in how we do as an individual. On days you may not run so well, your team can still do well, and on those days when the team doesn’t run well, you can still have success by the way you perform as an individual.

Dreams. Runners are dreamers. We imagine achieving the ultimate, whether an Olympic gold medal, world record, or finishing ahead of a rival runner in the state championship. We can outrun marathon world record holders in our mind.

Life lessons. The lessons of running apply to life in general. Being healthy, respecting your body, and appreciating nature enrich our days and make us feel better about the world around us. Running on the school team improves social skills and helps us relate better to everyone. Running enables you to better yourself in so many ways. What are you waiting for? Go run!

Anyone of Any size! Anyone can participate in cross country - no matter how tall you are or your shape or size, or skill level, or coordination - anyone can run, and anyone can get better.

Cross Country is a SPORT, all the rest are just games!