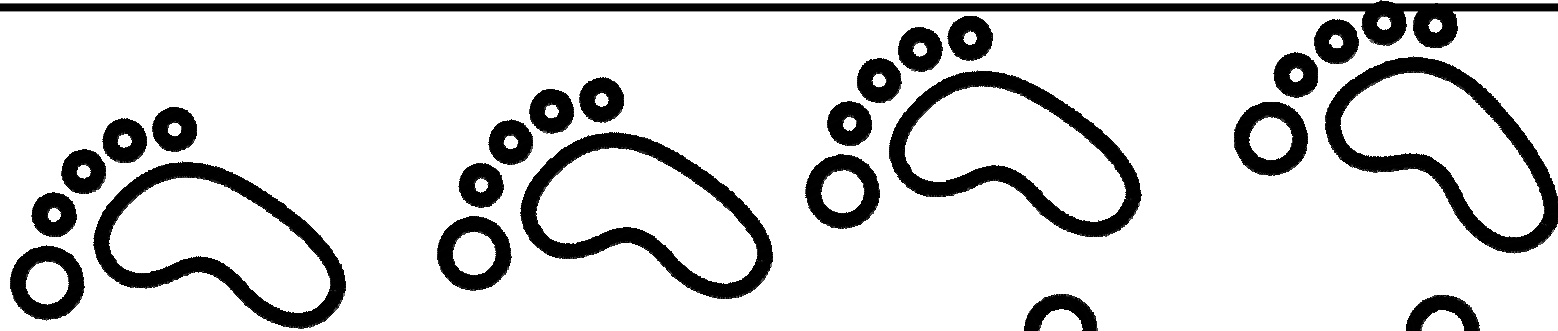
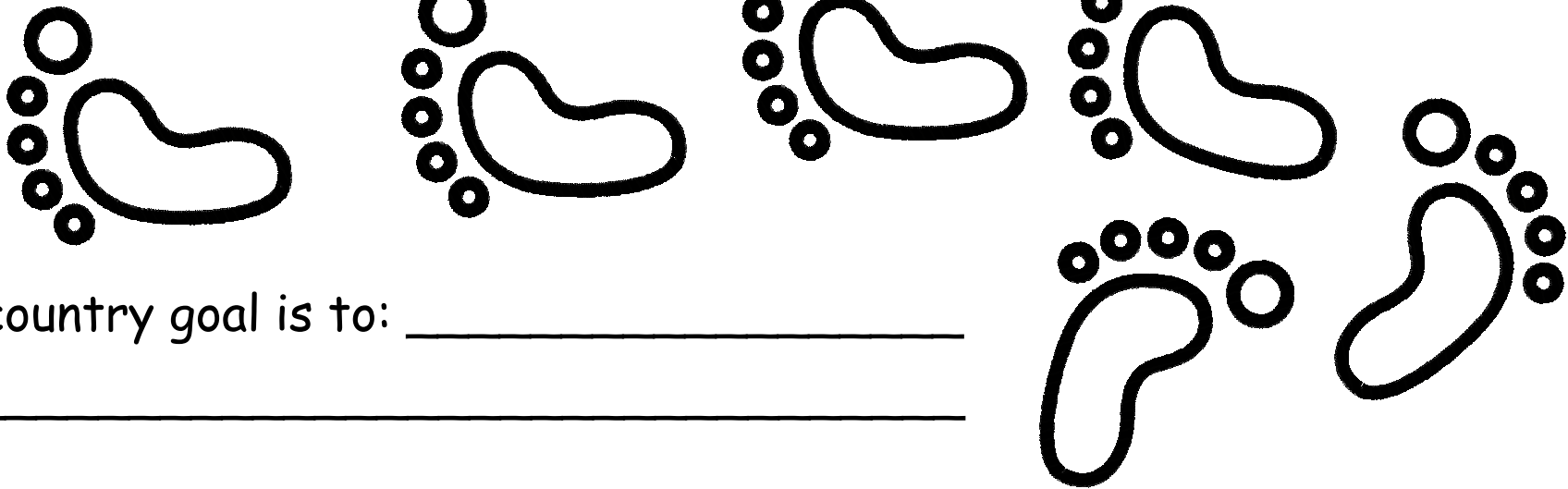


*Further,
faster,
fitter.*



FINISH



My cross country goal is to: _____

START



Record your time in the next footprint as you complete each practice run—or record the distance covered.