



Summary of 2008 Cross Country Season

Practices commenced at Sanlando Park with the registration meeting held in the first week in September with no hurricanes interruptions this year. In mid-October, the Gliders hosted the AAU Florida Association Cross Country Championships for the tenth consecutive year at the Sanlando Park/Seminole Softball Complex and qualified 46 athletes to the national championships. Also in October, the younger Gliders competed in a 5K race while the high school Gliders and college Gliders led the way in conference and district meets. In November, the Glider athletes ran in the USATF qualifier at Forest City Elementary while the college Gliders competed in NCAA regional competition. While the Gliders did not compete at Footlocker this year, over the next 2 weeks the Glider runners worked hard to prepare for the national championships.

Now ready for national competition, the Gliders competed in the AAU National Cross Country Championships which this year was held in Decatur, AL on the muddy Oakville Indian Mounds Park adjacent to the Jesse Owens Museum. 44 athletes competed for the Gliders and 15 earned medals by placing in the top 25 in their respective age divisions. The Gliders were honored with an individual Gold Medal performance, a silver team medal and a bronze team medal. Glider athletes also competed at the USATF Nationals this year in Hanover County, VA.

The club had the traditional pre-race pasta party on Friday at the Macaroni Grill and a follow-up pizza party after the competition at the Marriott Courtyard. The Gliders tour the JC Community College where they were given a tour of various occupational and also visited the Jesse Owens Museum and Park which marked his birthplace in Alabama.

The Gliders finished up the cross country season with the annual year-end party which this year was celebrated at Westmonte Park. This year \$1200 was awarded to five Gliders in grad school and the club continued its tradition of helping a needy family during both holidays.. Many thanks go to the Track Shack and Publix for supporting our cross country team this season. www.cfgliders.com