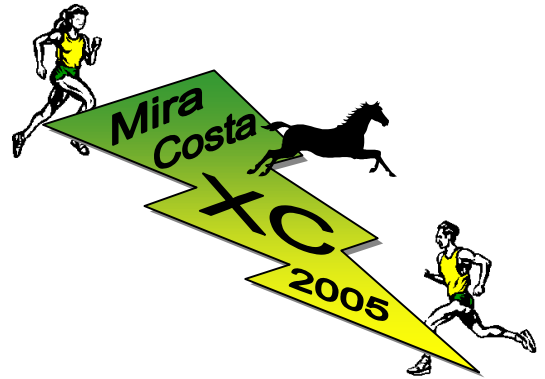


September 8, 2005



Dear Parents, Boosters, and Athletes:

Welcome to Mira Costa Cross Country. We hope the information in this handbook will answer many of your questions and enhance your experience of, and appreciation for, the art and science of distance running. Our goal is simple: to provide the best possible environment for young athletes to flourish.

All team members must have a uniform, which may be purchased through the coaches. This includes a jersey, shorts, warm-up suit, and a travel bag. *Please make checks out to Mira Costa Cross Country.* If this presents a financial burden, please let us know.

If you would like further information, have any questions, or would like to help out with our many on-going projects, please talk to one of the coaches. Any input to improve the *Mira Costa Cross Country* program is welcome.

Sincerely,

*Mira Costa Cross Country* Coaching Staff