

*You all have the  
capacity to excel.  
We only ask that  
you give of yourself  
and to your team in  
an effort to make  
this season and  
every season the  
greatest season you  
have ever had.*



## Contact Us

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## Address

601 Gregory St.  
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University  
High School  
Cross Country

Building Student Athletes  
— Since 1857 —

## Reminders

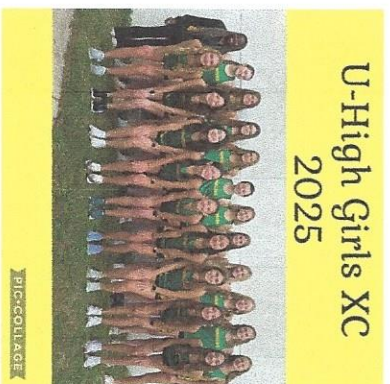
- Check the condition of your training shoes! If they are worn or are no longer offering adequate support, it's time for a new pair! Please do not delay getting new shoes. Old shoes are a quick way to early injuries.
- HYDRATE all day. Please make sure that your athlete is consuming water on a regular basis. Proper hydration takes place all day--not just right before or after a run.
- Please bring a water bottle to practice each day. If you bring standard purchased bottled water, please mark it as yours. All store bought water bottles look the same after a run!



## Summer Running

**STARTS: JUNE 8, 2026**

- Monday & Tuesday
    - 7:00 am - 9:00 am at U-High in the Main Lounge.
  - Thursday
    - 7:00 am - 9:00 am at Rosa Parks Commons
- IHSA DEAD WEEK**
- New this year Dead Week will be the Week of June 29th



## Website Address

[HTTPS://SITES.GOOGLE.COM  
/VIEW/U-HIGH-CROSS-  
COUNTRY/HOME](https://sites.google.com/view/u-high-cross-country/home)

