

Hebrews 12: 1-2

Therefore, since we are surrounded by so great a cloud of witnesses, let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us, while keeping our eyes fixed on Jesus, the leader and perfecter of faith ...

When the Sun Comes up... We Go the Distance!

- C³

Cardinal Cross Country 2016

August 27	Palacios	HS
August 31	Gonzales JH	JH
September 1	Schulenburg	HS
September 10	Moulton	JH/HS
September 24	Weimar	JH/HS
September 28	Gonzales JH	JH
September 29	Rice Consolidated	HS
October 8	Industrial or Round Top	HS
October 15	TBA	HS
October 22	TBA	HS
October 29	State Cross Country	HS
	Site TBA	

Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving.

"The best purpose in running isn't to win the race, it's to test the limits of the human heart." -Bill Bowerman

Head Coach: Dana Beal- Sestak

Assistant Coach: Kerry Morgan