

**AL Cross Country – Get Fired Up!**  
***“Un Pour Tous, Tous Pour Un”***

Here are a few inspirational resources to share with our kids:

<http://www.greghallkc.com/index.php/cross-country-is/> *“Cross Country Is”*  
a Great article written by KC columnist Greg Hall

Need more inspiration? *McFarland USA* is a great movie (based on a true story) about a seemingly hopeless Cross Country Team <http://www.imdb.com/title/tt2097298/>

Here are links to inspirational, true stories about long distance runners who were told they were not good enough and decided not to listen! Thank goodness for sports history they didn't! Both are University of KS grads

<http://www.kansas.com/news/article1145253.html> Jim Ryun, first sub 4-min miler, was cut from his middle school track team, he ran his sub 4 mile as a kid in high school

<http://indianyouth.org/billy-mills> Billy Mills, only American to win Olympic gold in the 10,000m