

# Download The Cross Country Race

Cross country running is a sport in which teams and individuals run a race on open-air courses over natural terrain such as dirt or grass. Sometimes the runners are ...Cross-Country Home News & Multimedia Calendar & Results Athletes ...How to Run a Cross Country Race. People usually get nervous when running in a road race or a cross country race. If you do, it's OK, because then most ...A Cross-country race is any running race that takes place on different types of terrain. Different levels of competition include middle school 2 mi (3.2 km), high ...