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You are cordially invited to a cross country parents meeting in the Lynbrook Faculty Dining Room on Wednesday, September 15, 1982, from 7:30 pm to 8:30 pm. The Faculty Dining Room is located on the west side of the cafeteria.

Since there are so many first time runners this year and since I will not be able to visit their parents within the next month, the meeting is primarily for the parents of the new runners; however, all parents are welcome.

The meeting will be short with emphasis on 1) training methods, 2) schedule, 3) general cross country problems, 4) how you can help your son or daughter who is just starting to run, and 4) getting to know the parents of the beginning runners.

Coffee, cookies, and ice cream will be served, and I promise to be brief. Hope to see you on the 15th.

*Verna Shomburg*