

# *BOYS AND GIRLS CROSS COUNTRY*

*Sunday, October 9, 2016  
Hudson Mohawk Road Runner Club Marathon*



On Sunday October 9th, 2016 the Columbia Cross Country team volunteered at the HMRRC. Athletes were at the 12.8 mile/24 mark for the marathon, working a water stop from 8:00 am until 12:00 pm (noon). Cross Country athletes had a great time and everyone loved all the positive and encouraging remarks our athletes gave the runners when at our water stop.