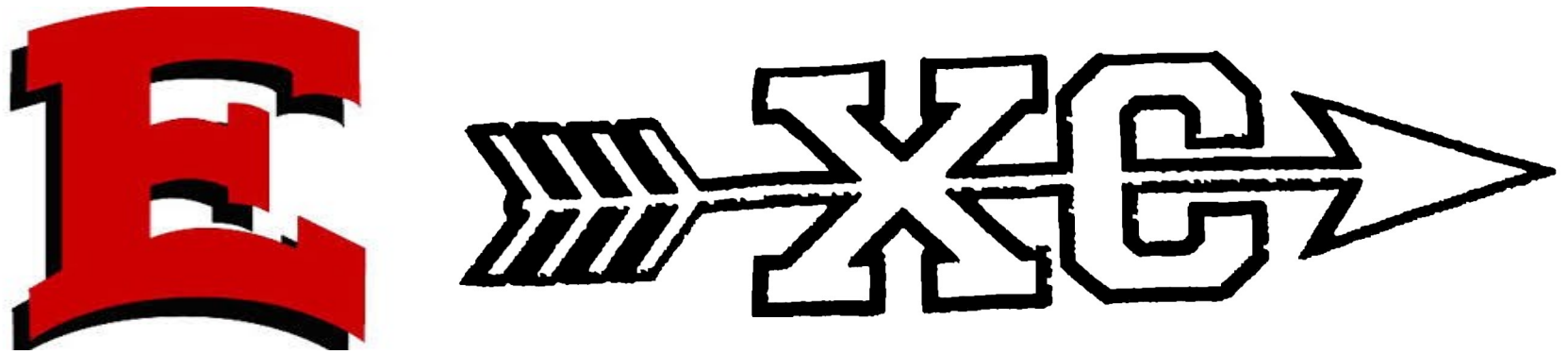


Boy's & Girl's: East XC needs you!!



Join us for summer runs every Tuesday and Thursday @ 7:00 am on the west side of East High to prepare for the 2022 fall XC season.

We will start our summer training June 7th.

Middle school runners are welcome and this is a great way to get to know your coaches and future teammates!

Boy's Contact Coach Patrick Lowe if you have questions:

Cell: 515-418-4290 email: patrick.lowe@dmschools.org or Teams chat: @Lowe,Patrick