

# Cross Country Journal

## Back Issue List

*A comprehensive list, beginning with the first issue:  
May/June 1983 – Present\**

### Table of Contents

|                                     |                        |
|-------------------------------------|------------------------|
| Index.....                          | next page              |
| CCJ Back Issue List.....            | the following<br>pages |
| Order Form for Back Issues.....     | third to last page     |
| List of Other Products.....         | second to last page    |
| Note to Potential Contributors..... | last page              |

*\* All back issues available for purchase; see order form on second to last page.*

# Index

The Cross Country Journal, published six times a year, began publication with the May/June 1983 issue [Volume I, Number 1 (abbreviated as I/1)].

The Volume/Numbers run as follows:

|     |               |     |               |     |                |
|-----|---------------|-----|---------------|-----|----------------|
| I/1 | May/June 1983 | I/3 | Sept/Oct 1983 | I/5 | Jan/Feb 1984   |
| I/2 | July/Aug 1983 | I/4 | Nov/Dec 1983  | I/6 | March/Apr 1984 |

Every volume begins with the May/June issue:

|        |               |        |               |         |               |
|--------|---------------|--------|---------------|---------|---------------|
| II/1   | May/June 1984 | X/1    | May/June 1992 | XVIII/1 | May/June 2000 |
| III/1  | May/June 1985 | XI/1   | May/June 1993 | XIX/1   | May/June 2001 |
| IV/1   | May/June 1986 | XII/1  | May/June 1994 | XX/1    | May/June 2002 |
| V/1    | May/June 1987 | XIII/1 | May/June 1995 | XXI/1   | May/June 2003 |
| VI/1   | May/June 1988 | XIV/1  | May/June 1996 | XXII/1  | May/June 2004 |
| VII/1  | May/June 1989 | XV/1   | May/June 1997 | XXIII/1 | May/June 2005 |
| VIII/1 | May/June 1990 | XVI/1  | May/June 1998 | XXIV/1  | May/June 2006 |
| IX/1   | May/June 1991 | XVII/1 | May/June 1999 |         |               |

For example, XII/4 indicates the fourth issue in the twelfth volume, or the Nov/Dec issue of 1995.

## How to read the entries:

The entries in **bold** indicate articles generated from one of our panels of experienced coaches. An entry will consist of a question about coaching Cross Country, and the responses of anywhere from four to twelve (or more) experienced coaches who have met with considerable success in our sport.

The entries in *italics* are essays or poems written by student-athletes. We have noticed that coaches like to use these to help motivate their runners.

The entries in plain type (i.e. not in bold or in italics) are normally articles written by a coach for other coaches.

**Cross Country Journal Back Issues 1983 – Present**

Updated: September 26, 2006

- I/1** Relaxation & Success  
Motivational Index Cards  
Prevent & Treat Heatstroke  
Your Own Summer Camp
  
- I/2** Two Winning Programs  
Skin Protection  
Your Own Postal Meet
  
- I/3** Rewarding Non-Varsity Runners  
Value of a Co-ed Program  
Special Considerations for Handicapped Runners  
Gynecologic Concerns of Female Runners  
Peaking A National Contender  
*The Runner's High*
  
- I/4** Progressive Training  
Promoting Cross Country  
Non-Star's View of an Ex-Coach
  
- I/5** Efficient Weight Training  
National Meet Results  
High School All-Americans  
Enhance the Award Ceremony
  
- I/6** Laying a Base in the Spring  
Keep A Daily Journal  
A Runner on Coaching  
Runners Need More Iron?
  
- II/1** Summer Training Program  
Remote Summer Coaching  
Essentials for Success  
Coach to Coach from Iowa

- II/2** Tactics & Strategy
  - Helpful Parents
  - 'Decathlon' Workout
  - Increasing Meet Attendance
  
- II/3** Small School Champions
  - Joe Newton on Coaching
  - The Value of Meet Programs
  - All-Purpose Warm-Up
  
- II/4** Speed, Rest, Olympic Fever
  - Race Tactics
  - The Seven-Race Meet
  - Finish Chute Safety
  
- II/5** The Road-Race Syndrome
  - How Much Mileage?
  - High School All-Americans
  
- II/6** **Avert Coach Burn-Out**
  - Camp Selection
  - Gary Wilson on Motivation
  - Rigors of College Running
  
- III/1** **Individual Training**
  - Native American Runners
  - Race Promoter on Cross Country
  - A Coach's Treasure
  
- III/2** **Teaching Even Pace**
  - Co-ed Program Psychology
  - Rx via Alternate Sports
  - AIAW's Place in History
  
- III/3** Creative Easy Workouts
  - Canadian H.S. Cross Country
  - Parsons' Posters & Cards
  - Last Meal Before Running**

**III/4 Theories of Al Carius**  
**Frequency of Meets**  
Ribbons for All Finishers  
State Preparation from Isolated Areas

**III/5 Teaching Running Form**  
National Meet Results  
High School All-Americans

**III/6 Coaching Changes for the Better**  
Walking to Success in Cross Country  
Informal Summer Program  
Selecting A College Program  
Twice vs. Once-A-Day Workouts

**IV/1 Recruiting for a H.S. Program**  
**Injury Prevention**  
Correcting Awkward Form  
Choosing the Right College

**IV/2 Creating Hard Workouts**  
**Qualities of a Good Coach**  
Coping with Ability Range  
Home-made Hand-weights  
Simplifying Meet Management

**IV/3 Peaking for the Big Meet**  
Sex-related Differences in Attitudes of Runners  
Swim Pool Training Program  
Cross Country at a Liberal Arts College  
Selecting the Right College  
Injury Prevention, Skill Development & Blood Monitoring

**IV/4 Avoiding the Negative Effects of Nervousness**  
Running in College  
Coping with Competition

**IV/5 The Importance of Winning**  
National Meet Results  
High School All-Americans

**IV/6 Spotting Recruits**

Greatest Athlete We've Known: the Susan Butcher Story  
Mental Aspects of Success

**V/1 Illusive Program Improvements**

Video: A Different Approach  
Four-time H.S. Individual State Champion List  
Recruiting

**V/2 Teaching Even-Paced Running**

The Down Side of Mental Coaching  
The Virtue of Patience  
Cross Country in New Zealand

**V/3 Teaching Even-Paced Running**

Defending Mental Coaching  
Running with the Team  
Preparing Oneself Mentally

**V/4 Utilizing the Winter Months**

New Zealand Cross Country: Home View  
Good Use of Mental Training  
St. Thomas: NCAA III Power House  
Remembering the Good Things

**V/5 Alleviating Eating Disorders**

National Meet Results  
High School All-Americans

**V/6 Handling Athlete's Priorities**

Ideas for Meet Preparation  
1981 State College (PA) Girls Team  
Lessons Learned by Example

**VI/1 Interesting Summer Workouts**

'Rambo Run' Workout  
Prevent Frost-bitten Feet  
Veterans Advise Newcomers

**VI/2 Favorite Hard-Day Workouts**

Computerizing Meet Results  
Course-Dictated Strategies  
Runners' Favorite Workouts

**VI/3 Distinguishing Between Serious and Non-Serious Injuries**

Native American Runners  
Motivational Systems  
Freshman College Adjustment

**VI/4 Joe Newton on the Olympics**

The Pros & Cons of Weight Training  
A Good Time or a Good Time  
The Shape of a Big Meet  
The Three-Workouts System  
Motivating Different Runners

**VI/5 Tactical Racing? For Whom?**

More on the Shape of Big Meets  
National Meet Results  
High School All-Americans

**VI/6 Games for Hard Work-Outs**

Charting Mesocycles  
Race Walking Within Cross Country  
A Great Videotape: Experience  
The Air Horn Work-Out

**VII/1 Identifying Beneficial Camps**

World Championship Results  
Swedish Vies of the WCCC  
True Benefit of Weight-Lifting

**VII/2 What to do About Road Races**

Lasting Over the Long Haul  
Stress Fracture Recovery  
Goal-Setting Via Road-Mapping  
Weight Training at North Florida  
Building Team Spirit  
True Cross Country Journals

**VII/3 Two Big Meets in Eight Days**  
Individualized Coaching of Pace  
The Class A, Class B Struggle  
Reaction to Mirkin's Weightlifting  
Team Strategies

**VII/4 Encouraging the Best to Continue**  
Why Runners Get Injured  
A College Coach Speaks Out  
AF 31:54 10k on 31 Miles a Week

**VII/5 Upside & Downside of Coaching**  
National Meet Results  
High School All-American

**VII/6 Runners with Poor Mechanics**  
The First Run of the Season  
The Best Distance for Girls  
Visualization Ideas

**VIII/1 Cross Training Evaluated**  
Competence Motivation  
World Championships Results  
The Distance for Girls Revisited

**VIII/2 Working with the Out-of-Shape**  
Competition Between Teammates  
What My A.D. Never Told Me  
Why the Best Discontinue

**VIII/3 Motivating New Runners**  
Dealing with Runners & Shoes  
The Non-Athlete Team  
Surge Drill / Flash Card Fartlek

**VIII/4 The Role of Relaxation Exercises**  
A Cross Country Homeroom  
Ten Ways to Ruin Your Team  
On Mental Toughness

- VIII/5** In Defense of Slowpokes  
National Meet Results  
High School All-Americans
- VIII/6** **The Fourth & Fifth Runners**  
Recruiting Runners  
The Nordhoff Orienteering Run  
Is it an Injury?
- IX/1** **Coaching the Swift vs. the Strong**  
Cross-training to Higher Fitness  
A Teacher/Parent's View of Cross Country
- IX/2** **Balancing Short & Long Term Goals**  
A Winning Small School Program  
In Praise of Back-of-the-Packers  
19 Years of World Championships
- IX/3** **Running Through a Meet?**  
The HEART of the Program  
Halloween Run Workout  
Flickerball Workout  
A Fun Activity  
Can Recovery Be Hastened?
- IX/4** **What About Nutrition?**  
Winona's Winning Ways  
Leadership in Cross Country  
Road Wise - Street Smart
- IX/5** **How Young, How Far, How Hard?**  
National Meet Results  
High School All-Americans
- IX/6** **Fun, Games, and Serious Work**  
Combat Distance-Running Phobia  
Creative Workout  
'Checking In' and 'Checking Out'  
History of the Postal Meet

**X/1 Interval Training in Cross Country?**

Goals Can Be Powerful, If...  
How Often Should You Run?

**X/2 Two-month Conditioning?**

300 Meter Paaraufs  
Foundations of Sport Training  
Pace Strategy in Running

**X/3 What to Do During the Race**

Success with the Paavo System  
Bower man & Freeman on Training  
Pace Strategy in Running  
Peaking in the Water? You Bet!

**X/4 Coaches' Hard-Day Workouts**

Building a Girl's JV Team  
Creating Unique Traditions  
Paavo Program Motivates Runners

**X/5 On Keeping Them On Top**

National Collegiate Meet Results  
Kinney Meet Results  
High School All-Americans

**X/6 Coaching Changes for the Better**

Three Miles Not Too Long for Girls  
Bower man & Freeman on Training II  
Update on Top-Ten-List Competition

**XI/1 Effective Recruiting**

Attitude's Role in Winning & Losing  
Motivating Summertime Training  
Contingency Plans for Emergencies

**XI/2 Preventing early Season Injuries**

Coaches' Concerns, Athletes' Needs  
*A Runner's Story of Crash & Burn*  
Flaagan's Pre-Meet Workout

**XI/3 Peaking Twice in 8 Days**

Dougherty's Even Pacing Question  
Joe Newton's State Meet Strategy

**XI/4 Reactions to Newton's Strategy: by Daniels, Sumner, and Curtis**

**Fine Tuning the Program**  
Of Cross Country & Leaves  
Interview with Fred Wilt  
Cross Country Newsletters

**XI/5 Cross Country's Value to Society**

National Collegiate Meet Results  
Kinney & Postal Meet Results  
High School All-Americans

**XI/6 A Complete Report on the Rice Injury Study: Is Cross Country a High-Risk Sport?**

**XII/1 Reactions to Dougherty-Rice by Daniels, Flaagan, and Kautz**

Advising the Able, Young Female Runner  
Musical Memories for Recruiting  
A Parent on Cross Country

**XII/2 Reactions to Dougherty-Rice Injury Study**

*The Moment*  
Getting Ready for the 1st Meet  
Wacky Relays Spice Up Practice  
Using a Runner's Checklist  
Responsible Summer Camps

**XII/3 Dr. Rice Reacts to His Injury Study**

Dr. Ebbets Responds to the Rice Study

**XII/4 Pre-Meet-Day Fun-Run**

Photography for the Coach  
Advocating Parity for Girls  
Water, Grass, Bicycles & Injuries  
Ron Gunn's Choices of a Champ

**XII/5** *A Runner Learns to Give and Take*

National Collegiate Meet Results

Kinney Meet Results

High School All-American

**XII/6 Handling Fallout from the Rice Study**

Little Extras Can Motivate a Team

Using the Writing of Poetry

Two Journalists' Views on Our Sport

Many-Time Individual State Champs

**XIII/1 Doing Double Duty During Summer**

What Type of Runner Are You?

Canada Wants Better

WCCC Results

Gary Wilson on Injury Prevention

**XIII/2 Can All Runners Recover in 48 Hours?**

Dr. Mirkin on Training

The Female Athlete Triad

Finish-Line Collapsing

**XIII/3 Is Even Pacing the Best Strategy?**

Motivational Lists

A 22-Year Agony Relieved

Preparing for the Big Meet

Wolves and Deer/Skinner's Loop

**XIII/4 Modulo Sixty by Gwen Coogan**

**Cultivating Competitors**

Building Self-Esteem

Pick-Me-Up Practice

**XIII/5 Dealing with a Problem Parent**

National Collegiate and Footlocker Results

**XIII/6 Useful Mental Coaching Techniques**

A Runner's Race of a Lifetime  
CC Tradition in Orem, Utah  
Recruiting Tips  
Cross Country Reading  
Exercise to Prevent Shin Splints

**XIV/1 The Right Amount of Summer Running**

Restarting or Reviving a Program  
Hot-Weather Running  
Perking up Summer Practices

**XIV/2 An Ache or an Injury?**

The Psychological Aspects of Injuries  
A Cross Country Lover at the Olympic Trials  
Restarting or Reviving a Program II

**XIV/3 Strategy: Pack Running**

The Hard-Easy Myth  
Psychological Aspects of Injuries

**XIV/4 Death and Rebirth of a Program**

**Generating Team Spirit**  
Intra-Squad Competition

**XIV/5 Basic Workout Program**

National Collegiate and Footlocker Results

**XIV/6 Speed Training**

A California Workout  
The Practice That Went Downhill  
More Wacky Relays

**XV/1 Games to Use in Practice**

Cross Country and the Media  
Simulation Running Drills

**XV/2 To Cut or Not to Cut**

Talking to Runners About Shoes  
A Parent's Perspective  
Prevent Injuries Through Better Biomechanics

**XV/3 Preventing Collapses**

Preventing Stress Fractures  
Mental Training for Racing  
Motivational Music - Part I

**XV/4 Dual Meets: A Thing of the Past?**

Cross-Training Considerations  
*The Road to State: A Runner's Story*  
Motivational Music - Part II

**XV/5 Coachability: Male vs. Female**

National Collegiate and Footlocker Results  
The "Thank You" Run

**XV/6 Advice: Take It or Leave It**

Swimming Workouts for Runners' Cardiovascular Fitness  
*Running Reason*  
Looking for Runners in All the Right Places  
Knowing Your VO2 Max  
Book Review: Coaching Successfully

**XVI/1 Changing the Rules**

The Nature of a Team  
*A Cross-Country Friendship*  
Overtraining: The Hidden Enemy - Part 1  
A Coach's Review of Books

**XVI/2 Unwritten Rules of Cross Country**

Maintaining Proper Hydration  
Overtraining: The Hidden Enemy - Part 2  
Peaking When it Counts  
From Corporate to Coaching Life

**XVI/3 Heart Rate Monitors**

Teaming Up: Cross Country Practice and Race Strategies  
Motivating Back-of-the-Packers  
Heart Monitor Training: A Book Review

**XVI/4 Handling Pre-Meet Nerves**

Hey Coach: Would You Write Me a Letter of Recommendation?  
Rising Like a Phoenix From the Ashes: Profile of an Inner-City Coach  
Preparing in the Off-Season

**XVI/5 All About Speed Work**

Other Kinds of Affirmative Action  
The Virtues of Participation  
Running Should be “Cool to Do”

**XVI/6 “Pumping Up” Athletes: Fantasy or Reality?**

Get the Most Out of Running: Sign Up for Camp  
A Review of “Daniel’s Running Formula”

**XVII/1 Individualized Training**

“Race Shocking” Reeves’ Style  
Fire Academy Cross Country

**XVII/2 State Meet Preparation**

Race Preparation  
The Virtues of Cross Country  
Media Coverage Made Easy

**XVII/3 Gene Mattila and the Staples-Motley Program**

Tips for Starting a New Program  
Slower Times at U.S. High Schools

**XVII/4 A Labor of Love: The McFarland Story:**

CC in Low Income, Hispanic California

**XVII/5 About Materials, Experiences, and Clinics**

A Winner Even Before the Race is Run  
A Fan’s Eye-View of Cross Country

**XVII/6 Unique and Useful Workouts**

Happiness is Coaching Division III

Let's Hear it for the Cross Country Pep Talk

**XVIII/1 Rules: Missed Practices & Being Late**

Newspaper Coverage for Cross Country

Winning and Playing

Supplements Athletes Should Consider

“What's the Number of That Truck Driving School”

**XVIII/2 Learning from the Athletes**

How to Be a Better Coach

Using a Heart Rate Monitor for Training

The Problem with Heart Rate Monitors

All About Running Bras

**XVIII/3 Running the Hills**

The Beauty of Cross Country

Route 66: One of Many

Goals of Conditioning for Optimal Performance

Runners: Mind Your Manners!

**XVIII/4 Building Strength Outside the Weight Room**

Patience's Role in Coaching

Strength for Endurance Runners

Stretching for Runners

**XVIII/5 Rewards and Other Recognition**

Trials, Triumphs and Tragedy

Tempo Training

Strength Training for Endurance Runners, con'd

**XVIII/6 Great Workouts but No Meets?**

How to Interpret News of Research Findings

Deep Water Running

Child Prodigies

**XIX/1 Summer Running**

Drink Up...

*Battle*

**XIX/2 Handling Ineffective Media**

The Joyful Sounds of Women Running Long  
Picture This: The Mechanics of Visualization  
When to Eat Your Pre-Exercise Meal  
Suggestions on Strategy for Runners

**XIX/3 Gender Considerations**

Eating Disorders  
*Closing a Door and Opening Another*

**XIX/4 Running Well in Cold Weather**

Edmonton Joins the Trophy Case of Cities  
Jump Training for Runners  
A Coach's Thoughts on Competition  
False Assumptions about Running Shoes

**XIX/5 Issues Facing Cross Country**

The Coaching Clinic: Secrets of the Game, No Charge  
Taking a Break: The Upside of Down Time  
Jump Start Your Training  
Environmental Effects on Cross Country

**XIX/6 Incentive Programs for Summer Running**

The Elementary School Cross Country Run  
*"Don't Ever Give Up on Your Dreams"*  
Summertime Sizzlers

**XX/1 Advice on the Advent of Soccer**

Human Harriers  
Ancient CC History  
Here Come the Parents: Be Prepared

**XX/2 Cooling Down and Warming Up**

Something Priceless  
Five Fun Activities to Break Up the Season of Training  
An Epidemic of Burnout  
The Border-to-Boarder Relay Across Illinois

**XX/3** History of Cross Country in America  
Drills to Make a Runner Faster  
Using the Roads Between Seasons  
The Joy of Walking

**XX/4** History of Cross Country, con'd  
Running Too Many Meets  
Which Doctor Do You See for an Injury?

**XX/5 Cross Country and Parents**  
Beardsley's "Staying the Course": A Book Review  
Running Coaches Coaching Runners  
History of CC, in Completion

**XX/6 The Good Old Days?**  
Comments on Recruiting  
Running After High School  
Murphy's "Silence": A Book Review  
Core Strength: It's Vital

**XXI/1 Potential Cross Country Runners**  
*What it's All About*  
A Healthier Sports Drink?  
Training Logs: How and Why

**XXI/2 Psyched for the Big Meet?**  
Running and Dying  
What to do After Exercise  
Skip Stolley's Advice to a Coach

**XXI/3 Peaking for Important Meets**  
Report from the Paris World's  
From Bannister to Webb (two book reviews)  
After Race Eating

**XXI/4 Training: Stressful and Recovery Days**  
*The Misjudged Sport*  
Running Shoes and Health  
*My Time Has Come*  
More Advice from Skip Stolley

**XXI/5      Varsity and the Junior High Student**

What's Fair: Wheelchairs and CC  
The First Year Coach  
Skip Stolley's Advice, con'd

**XXI/6      Supplements and Program Scrutiny**

A Day of Distance in Kenya  
*I Run*  
Developing a Kick is Mental  
Selecting a Captain

**XXII/1      World Cross Country Report**

*The 4X4 Experience*  
Water Running: A Secret Weapon  
The Rest of Skip Stolly's Advice

**XXII/2      Long Interviews with University of Minnesota CC Coaches  
On Plantar Fasciitis**

**XXII/3      Staples-Motley Revisited In-Depth**

*Reflections of a Veteran JV Runner*  
Honoring Prefontaine  
Water Training at Park Center High

**XXII/4      Motivators for Off-Season Training**

"Training the Young Distance Runner" (a book review)  
The Body's Reaction to Overuse  
*The Beauty of CC*

**XXII/5      Relieving the Pressure**

Goals and Goal Setting  
Turning a Cross Country Program Around  
Two Encouraging Items from Janet Heinonen

**XXII/6      *From Cleats to Spikes***

Goal Setting: Part Two – Using Profiles  
Remembering Bruce Bridgman

**XXIII/1 Training Young Runners**

Finding Freedom

A Recipe for Success in Cross Country

Stretching Revisited

Body Care Basics for Runners

Principles of Progression in a Weight Training Program

**XXIII/2 Dealing with Unsportsmanlike Conduct**

Jack Daniels – Retired?

A Cross Country Fantasy – ESPN & Howard Cosell Cover a Meet

A Primer on VO2 Max Training: How to Use It Effectively

**XXIII/3 Speed Workouts & the State Qualifying Meet**

Ten Ways to Recognize and Motivate ALL Your Runners

*A Runner's High*

Choosing the Right Running Shoe

The Helsinki Worlds: Questions Answered

**XXIII/4 Jerry Popp on Cross Country Has to be Fun; but What is “Fun”?**

Runners Taking a Tradition the Distance

A Unique Approach to Hill Training

*My Big Fat Greek Cross Country Team*

A Ride on the Freshman Bus

**XXIII/5 Jerry Popp on Every Runner Needs to be Reaching Goals  
On Recruiting Volunteers**

The Mechanics of Running

Shin Splints

**XXIII/6 Jerry Popp on The Essential Summer Program**

God on the Starting Line: A Book Review

**On a Uniform Race Distance**

Racing, Pain, and Inspiration: A Vignette

Stretching: Is It Really Useful?

**XXIV/1 Team-Building & Team Captains**

Fantasy Camp

Bob Kennedy at the Day of Distance

Getting the Most from Team Captains

Mother/Daughter Communication

**XXIV/2 Jerry Popp on Building and Maintaining Numbers**

**Traditions that Make Our Sport Special**

The Last Protest: A Book Review

The Gatorade Relay

**XXIV/3 Jerry Popp on State Meet Preparation: Beyond the Workouts**

**Training Better Competitors**

Never Give Up on a Dream

Know When to Hold 'em, Know When to Fold 'em: A Book Review

**Cross Country Journal Back Issues Order Form**

Snail mail this form to: **IDEA, Inc., 2100 14th Ave. So., Suite 3, Mpls, MN 55404**

Or email this form to: **idea\_inc@smig.net**

Or FAX) it to: **1-800-828-1231**

Or call us at: **1-800-828-1231**

Name:

---

E-mail Address:

---

Street Address:

---

City, State, Zip:

---

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Type of Payment (Check one of the three options)

\_\_\_\_\_ VISA/Mastercard:

\_\_\_\_\_ Exp. Date \_\_\_\_\_

Name of Cardholder:

---

\_\_\_\_\_ Check (Make payable to Cross Country Journal  
or IDEA, Inc.)

\_\_\_\_\_ Purchase Order No:

---

Business Office Address:

---

---

List of Back Issues to be sent: for example III/4,  
XV/3, etc.

---

---

---

---

Number of issues to be sent \_\_\_\_\_ x price \_\_\_\_\_ =  
total \_\_\_\_\_  
(1 to 6, \$5.00 each; 7 to 12, \$4.50; 13 to 24,  
\$4.00;  
25 to 48, \$3.50 each; 49 to 96, \$3.00; 97 or more,  
\$2.00 each

Unless tax exempt, MN residents add 6.5%  
sales tax \_\_\_\_\_

Shipping & handling: USA \$8, Canada \$10, Other  
\$15

No shipping and handling charge for  
subscriptions  
(If the total of the non-subscription items is  
more than  
\$100, there is no charge for shipping and  
handling.) \_\_\_\_\_

TOTAL \_\_\_\_\_

**Thank you for your order. It should arrive within ten days.**

Money Back Guarantee: If not satisfied, return any item for full refund.

### **Note to Potential Contributors to the Cross Country Journal:**

The Cross Country Journal is interested in receiving new, unique material.

If you are involved with Cross Country any way (as coach, runner, parent of a runner, sportswriter, ect.), and have something to contribute, write it down and send it to us!

Attention to:

Knowles Dougherty  
Publisher of the **Cross Country Journal**

*E-mail address (most efficient):*  
**idea\_inc@smig.net**

*Mailing address:*  
**2100 14th Avenue South, Suite 3**  
**Minneapolis, MN 55404**

**Attention Cartoonists:**

In each issue of the Journal, we like to publish a cartoon, and welcome unsolicited submissions – especially if they are amusing!

**Attention All Potential Contributors:**

If you are uncertain about a submission and would like to talk with the Publisher, feel free to call, toll-free, at 1-800-828-1231.

**Attention All Contributors:**

We compensate all contributors of original material

**We Have Great Products for Cross Country Coaches!**

Check them out at:

[www.ccjournal.com](http://www.ccjournal.com)

Or call us:

**1-800-828-1231**

**Here are some of our best sellers**

“Best Workouts from the **Cross Country Journal**”  
Joe Newton’s “Coaching Cross Country Successfully”  
Joe Newton’s “Long Green Line”  
“15 Years of the **Cross Country Journal**’s Coaches Forum”  
Guilderland’s “Parents Guide to Cross Country”  
Ken Reeves’ “Student-Athletes Guide to Cross Country”  
John Gerencser’s “Cross Country Training Log”  
Alison Wade’s Female Distance Runners Training Log  
CCMEET (the computer program for meet scoring)  
Chris Lear’s “Running with the Buffaloes”  
“Best Recruiting Ideas from the **Cross Country Journal**”  
“The Best of Ken Reeves”  
Jack Hazen’s “Training for Cross Country”  
Stillwater High School’s “12-Month Workout Plan”  
Posters, Note cards, T-shirts with Herb Parsons’ Designs  
And a whole lot more...

**And Here’s What’s New!**

Brand new copies of the first edition of  
Jack Daniels’ **Running Formula**  
Just \$10 (was \$18)

The 2nd Edition (2004) of  
**Training for Young Distance Runners**  
By Larry Greene & Russ Pate  
\$20

**Training Profiles: High School Boys Distance**  
By John R. Napolitan, only \$10

**Muscle Pain Relief in 90 Seconds**  
The Hold and Fold Method  
By Dale Anderson, M.D.  
\$15