

September 19, 1969

Sword and Shield

# Team Shows Promise

Our cross-country team holders of the 1968 District 5-AAA conference Cross Country Championship seem to be the favorites for the title again this year.

About thirty boys came out for the team this year. Most boys came out to condition themselves for basketball, wrestling and track. With great emphasis on physical fitness today, many boys just came out to build their muscles.

The track has been lengthened this year from 2.2 miles to 2.5 miles. The new sections have been added in the wooded area of the track.

Although we lost Paul McNeill and Terry Johnson, our favorites this year are Fred Garvey, Steve Walker and Gregg Bennett.

Mt. Tabor will have conference meets with T. Wingate Andrews, and Morehead, the only organized cross-country teams in our conference. They will also compete against North.

All in all it really looks like another great year for Mt. Tabor's cross country team, and we should have a good chance to keep the title.