

# MHS

## CROSS-COUNTRY

701 East Butler Road  
Mauldin, Sc 29662  
864.355.6500

### Rules-for-the-Road

- **Yield! Yield! Yield!** You cannot win a fight with a car.
- For any MHS practice you must wear a reflective vest.
- Run facing traffic, unless a sidewalk is present on the other side of the road.
- Run single file, or at a stagger, only if room is available.
- Be seen! Do not wear dark colored clothes. Use a reflective vest at early morning or late at night.
- Look before you cross the road, or you will not get to the other side.
- Look into the eyes of the driver of the car that is stopped at an intersection. If you cannot do this, stop! Go around the backside of the car.
- Stops at all lights; and cross the intersection only if it is clear. **L@@k** for cars running the stoplights. Cross the intersection as a group.
- **L@@k** where you are going! The shoulder of the road and the sidewalks are uneven at best. Be careful!
- Know the course you are running or run with someone who does. Getting lost helps you to be careless in getting back to school or home.
- Do not change the course you are running.
- Check with me before you leave. Do not go home without me seeing you return from your work out.
- Refrain from any jesters or language directed at passing cars.
- Keep your eyes in the back of your head open. Listen for the passing cars coming from behind you.
- In the event of an accident call the school at 355-6500 or 616-2476. Dial 911 if an emergency arises. In any event call me at school, I will come and get you. Let me know...
- Be careful! Be careful! Be careful! Act as if you have some smarts...

• \_\_\_\_\_ Name \_\_\_\_\_ Date \_\_\_\_\_

## State Champions

2006 AAAA Girls- "Top Fifty in USA"  
2005 AAAA Girls 2000 AAAA Girls  
1997 AAAA Girls 1995 AAAA Boys  
1994 AAAA Girls 1994 AAAA Boys  
1993 AAAA Girls 1992 AAAA Girls  
1986 Open Girls- "All American"  
1985 AAAA Boys 1984 AAAA Boys- "All American"  
1983 AAAA Boys 1983 Open Girls