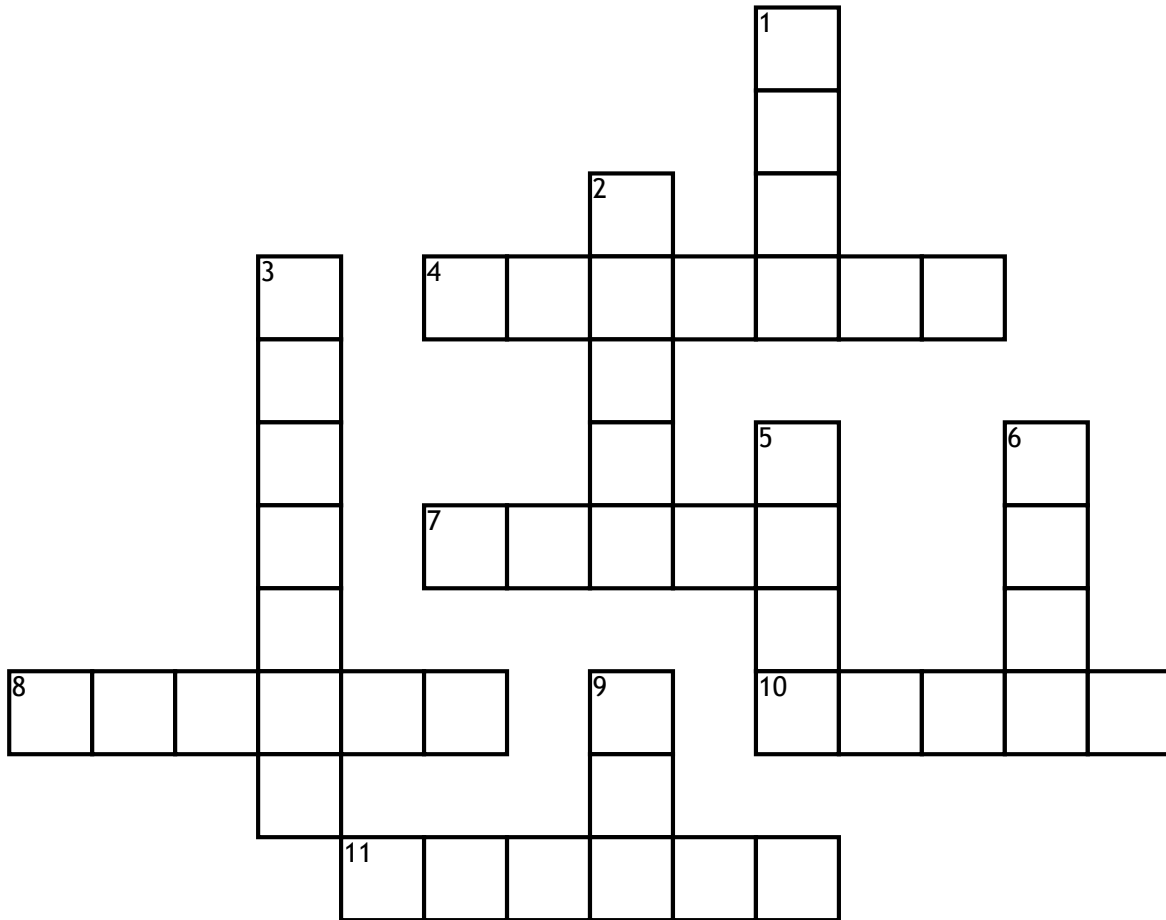


xc puzzlemasters 2019



Across

- 4. post workout nutritional nutrient
- 7. 11 of the past 18 Boston Marathon men's champions hailed from this country
- 8. Likely race to set a pr
- 10. running specialty store in Dallas
- 11. "ready, set, _____"

Down

- 1. # miles around White Rock Lake
- 2. typical break out call at the end of a xc practice
- 3. Swedish for "speed play"
- 5. advice about good running posture "run _____"
- 6. original color of Greenhill's track
- 9. Greenhill's sports conference