

CCCAT Members,

I just wanted to send a message to all the coaches that are training Texas distance runners. What a great job we have working with the best kids in our schools. In talking with many coaches around the state, most would agree that our distance kids are in the top echelon in our schools in terms of grade point average, attitude, and moral character. Continue to provide the training (physical, mental, social, and spiritual) that will impact these kids in a positive way. Encourage them to get involved in distance running in any form or fashion (city 5/10 ks, middle/elementary school running programs, etc.) The more they are involved the bigger and better our sport will become in the future. This state has made an impact on the national running scene over the past years and is steadily become one of the top states in the country for distance running thanks to the great kids that we have. Challenge your runners. Encourage your runners. Enjoy these student/athletes and the efforts that they give us each day and consider yourself blessed.

Robert Ondrasek