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**Nat'l XC JO Champion**

# Press Release

**Raymond McCormack** of the Lanier Running Club “weathers the storm” and brings home the GOLD in the USATF Nat'l XC JO Championships for 2009 held in Reno, Nevada!

**Reno, Nevada, December 12, 2009:** It's a blistery Saturday in Reno, Nevada. There are 17 inches of snow on the ground and still coming. The USATF National XC JO Championships are delayed an hour, while waiting for the weather to calm down.

- Raymond McCormack of Lanier Running Club eagerly awaits the 5K event for the Young Men's division. He tries to keep warm and focus on the competition before him. His coaches have prepared him, his parents has travelled him across the country for this National Championship.
- Finally, The gun goes off. 150 Young Men take off through the snow and adverse conditions. Raymond has set his sights on the gold and no one is going to take that from him today. He holds his position. The snow on the ground and the inclement weather did not effect his times. He remembers all of his training from his coaches and emerges victoriously as the **FIRST PLACE** Young Men's athlete to enter the finish line shute with a 16:06.07 on the scoreboard. 6 seconds behind him is the 2<sup>nd</sup> place finisher.

A fantastic moment for the fans, the parents and of course his dedicated coaches and team mates..

USATF Georgia congratulates Raymond McCormack for his outstanding performance at the USATF National Cross Country Junior Olympic Championships.

***Raymond weathered the storm(literally) and emerged with a VICTORY!***

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