



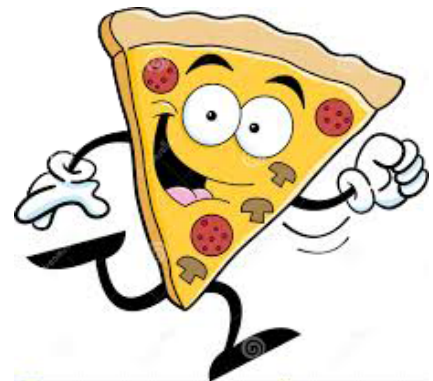
5 week training
May 22nd - June 26th
Mondays and Wednesdays 4:15 pm - 5:15pm

YOUTH RUN CLUB

TRAIN TOGETHER / RACE TOGETHER

We are looking for boys and girls ages 8 - 13 to join us for a 5 week program focusing on biomechanics, distance, track, hill repeats, and tempo runs. With a benchmark test on week 1 and 5. Pizza Party on June 28th!

June 28th
4:15pm
Granite Falls Swim and Athletic Club
Cabana Area



5 weeks/ 1 day = \$21*

5 weeks/ 2 day = \$40*

*Pizza and drinks included in price.

Minimum of 8 participants required to launch program
Maximum of 15 participants