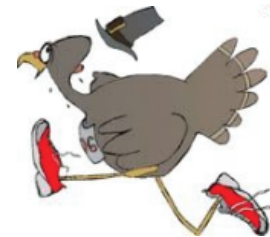


Youth Fall Run Club



Super Hero 5K Run
Oct. 27th, 2018
8:00am

<https://fsseries.com/event/run-for-you-5k/>



Gobblers 5K Run
Nov. 22nd, 2018
8:00am

<https://www.gobblersrun.com/registration>

8 week training
Sept 25th - Nov 17th
Tuesdays at 4:30-5:30pm and Saturdays at 9:30am - 10:30am

Train Together / Race Together

We are looking for boys and girls ages 7-13 to join us for an 8 week program focusing on biomechanics, distance, track, hill repeats and tempo runs.

\$30* for 8 weeks/ 1 day

Minimum 8 participants required to launch

* 2 day must register for individual days