



**Landsharks Running Club
Fall Cross Country Series
at Ben Franklin Academy**

We offer a non-competitive youth program to introduce running to young athletes in a safe and fun environment. The focus is on self-improvement, being an encouraging teammate, and making new friends. The Fall XC Series is a fun-based program open to students in kindergarten through 6th grade. Practices consist of running games and workouts with a strong focus on fun. Please remember to purchase a **Red** team t-shirt (\$16) if this is your first season running.

1st practice date: Wednesday, September 7th

Practice times: 4:00 - 4:45 pm

Practice days: Mondays and Wednesday.

Meeting place: Redstone Park

Please meet at the dirt lot behind Shea Stadium. Enter from Commerce Center St.

Races are scheduled on **Sunday afternoons** at **Thunder Ridge High School** on **September 18th**, **September 25th** and **October 2nd** at **3:00 pm**.

Runners run ONE (1) of the following distances:

Kindergarten & 1st Grade: 1/2 mile

2nd & 3rd Grade: 1 mile 4th-6th Grade: 1.5 miles.

At the races, runners receive a race tag with their number, ribbons, a series medal at the final meet and refreshments. Race results will be available on the Landsharks website.

REGISTRATION IS OPEN NOW through SEPTEMBER 5th at 5:00 pm

Or until registration limits are met

Runners must be registered prior to their first practice.

Please register online at www.Landsharksrunningclub.com

**\$65 registration fee through September 3rd
then an additional \$10/runner fee applies**

Additional coaching help is needed! Counts towards BFA Volunteer Hours!!

If you have any questions, please contact:

Coach: Alyson Henbest ajhenbest@gmail.com / 720-484-9369