



Ben Franklin Academy
Landsharks Running Club
Spring Track Series

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 Spring Track series is a fun-based program open to students in kindergarten through 6th grade. Please remember to purchase a **RED** team t-shirt (\$16) if this is your first season running or if a new size is needed.

Our Season: April 4th through May 9th

Practice Times: 4:00-4:45 pm

Practice Days: Tuesdays and Thursdays

Practice Location: Redstone Park

Meeting Place: Meet at the car drop off loop on the EAST side of the baseball fields.

PRACTICES consist of running games and track workouts with a strong focus on fun.

Meets will be on **Sunday afternoons** at **3:00 pm** at **Mountain Vista High School** on **April 23rd, April 30th and May 7th**

Meet #1- All runners will run the 50m dash, followed by their choice of a 400m **or** 800m race

Meet #2- All runners will run the 100m dash, followed by their choice of a 400m **or** 800m race

Meet #3- All runners will run the 200m dash, followed by their choice of a 400m **or** 1600m race

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

****Registration open NOW through April 12, 2023****

****Registration will close earlier if capacity is reached****

Runners must be registered prior to their first practice.

Please register online at www.Landsharksrunningclub.com

\$65 registration fee until April 5th then a \$10 additional fee applies

We look forward to working with your athletes!

Please consider volunteering to help coach or work at our race site.

Volunteering with Landsharks counts toward your BFA Volunteer Hours!

If you have any questions or would like to volunteer, please contact Coach Alyson.

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