



Landsharks Running Club
Spring Track 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 Spring Track Series is a school-based program led by Alyson Henbest and is open to students in kindergarten through 5th grade. A **RED team t-shirt**, for an additional \$15.00, is required for all runners and is good for both the fall and spring seasons. So, there is no need to buy one if you have one and it still fits.

1st practice date: Tuesday, April 13th

Practice time: 4:00-4:45 pm at Redstone Park

Please drop off and pick up runners in the dirt parking lot off Commerce Center Drive

Practice days: Tuesdays and Thursdays

PRACTICES consist of running games and track workouts with a strong focus on fun. County and State COVID guidelines will be followed. Landsharks COVID related restrictions and protocols are posted on the Ben Franklin Academy Team Page.

Races will be held on the following **Sunday afternoons:**

April 25th, May 2nd and May 9th
at Cresthill Middle School. Exact time TBD

Each race runners will run **two** races.

- **Meet #1-** All runners will run the 50m dash, followed by the 400m race. Subject to change.
- **Meet #2-** All runners will run the 100m dash, followed by their choice of a 400m **or** 800m race, depending on age. Subject to change.
- **Meet #3-** All runners will run the 200m dash, followed by either the 800m **or** 1600m race, depending on age. Subject to change.

Runners must be registered prior to their first practice.

Please register online at www.Landsharksrunningclub.com

\$60 Registration fee

Registration closes on April 18th at 11:59 p.m.

or sooner should the 36-runner capacity be reached.

I look forward to working with your athletes!

If you have any questions, please contact:

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