



Landsharks Running Club

Fall Cross Country at

Aspen View 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 Cross Country Series is led by Sandie Pynes and is open to students in kindergarten through 6th grade. An (ORANGE) team race shirt is required for an additional \$16, if this is your first season running.

First Practice: Tuesday, September 12th

Practice Times: 3:45 - 4:30 pm. Meet at the stairs behind the school.

Practice Days: Tuesdays and Thursdays through October 10th

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

Meets are scheduled at Castle Rock Middle School on Sunday afternoons at 3:00 pm on September 24th, October 1st and October 8th.

Runners run ONE (1) of the following distances:

Kindergarten & 1st grade 0.5 miles only, 2nd-6th grade 1 mile OR 1.5 miles.

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

Registration is NOW OPEN!!!

Registration closes September 8th at 5:00 p.m. or when capacity is reached

Runners must be registered prior to their first practice.

Please register online at www.Landsharksrunningclub.com

\$68 registration fee until September 1st then an additional \$10/runner fee applies

I look forward to working with your athletes!!

If you have any questions please contact:

Coach: Sandie Pynes Email/Phone: sandpynes@outlook.com/720-515-8757