



Landsharks Running Club  
Spring Track Series  
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 Spring Track Series is a fun-based program led by Sandie Pynes and is open to students in kindergarten through 5<sup>th</sup> grade. An **ORANGE** team t-shirt (\$16) is required and is good for both the fall and spring seasons.

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

**First Practice:** Tuesday, April 12<sup>th</sup>

**Practice Time:** 3:45-4:30 pm

**Practice days:** Tuesdays and Thursdays. Meet at the stairs behind the school.

**Races** are at 2:00 pm at **Castle View High School** on the following **Sunday afternoons:**  
**April 24<sup>th</sup>, May 1<sup>st</sup> and May 8<sup>th</sup>.**

Each race night runners will run two races.

Meet #1 - All runners will run the 50m dash, followed by the 400m or 800m race.

Meet #2 - All runners will run the 100m dash, followed by the 400m or 800m race.

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

At the races, runners receive a race tag with their number, ribbons, and a series medal at the final race. Results will be posted on the Landsharks website.

**Registration open February 10, 2022 - April 16, 2022**

Runners **MUST** be registered prior to their first practice.

Please register online at [www.Landsharksrunningclub.com](http://www.Landsharksrunningclub.com)

\$65 registration fee through April 10<sup>th</sup> then an additional \$10/runner fee applies  
Financial Aid is available February 10<sup>th</sup> - March 25<sup>th</sup> through every kid sports.  
<https://www.landsharksrunningclub.com/page/show/6498168-financial-assistance>

I look forward to working with your athletes! Please consider volunteering to help coach or work at our race site. If you have any questions or would like to volunteer, please contact:

**Coach:** Sandie Pynes

**Email:** sandpynes@outlook.com/720-515-8757