



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 5th 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 12th

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 24th, May 1st and May 8th.

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

\$65 registration fee through April 10th then an additional \$10/runner fee applies
Financial Aid is available February 10th - March 25th 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