



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: Friday, September 10, 2021

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

Practice Days: Mondays and Fridays

Parent Meeting: Monday, September 10th at 4:15 pm

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

Meets are scheduled at the Castle View High School on Sunday afternoons at 2:00 pm on September 19th, September 26th and October 3rd.

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, a series medal at the final race, and refreshments. Race results are available through the Landsharks website.

Runners must be registered prior to their first practice.

Please register online at www.Landsharksrunningclub.com

**\$65 registration fee through September 6th then a
\$15/runner additional fee applies**

**Financial Assistance is available for those who qualify from
August 1st - September 1st through Every Kid Sports.**

[Landsharks Financial Assistance Information](#)

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