



AGES
9-14
YRS

YOUTH

RUN CLUB

Trail running and XC

Participants will enjoy running on rail trail and the woods. They will learn how to properly warmup, strength train & stretch.

Dates and Times

Tuesdays and Thursdays
May 2 - June 8
4:45pm - 5:45pm

Registration

<https://www.runreg.com/kids-run-club>

Contact

Coach Debbie Livingston 860-930-6844
deblivingston@mac.com

MAY/JUN
2023

ONLY
\$85

JOIN
NOW