



Road Warriors 6th and 7th grade Running Club – Year 10!!

Tuesday, Sept. 3 – Tuesday, Oct. 22nd

Monday, Tuesday, Thursday 3:30 – 4:30

Centennial Park Open Air Picnic Shelter

The Road Warriors Running Club is for 6th and 7th grade girls and boys interested in learning about and participating in distance running activities. It is for all levels of runners interested in distance running. Athletes will complete workouts designed to improve endurance, speed, and overall fitness as well as learn proper warm-up routines and running technique.

Runners will also have the opportunity to:

- Meet and run with the middle school and high school Cross Country teams and coaches
- Participate in area road races or youth cross country meets as a group (optional, extra fee)
- Eat lots of popsicles!

Fees: \$100 Includes running shirt in technical running material and snacks

Runners may carpool, bike or walk from both schools. Perfect attendance is not required (but is encouraged). Come as often as you can.

For more information and registration, go to <http://blogs.waukeeschools.org/sgroathouse> and click on Road Warriors Running Club 2019.

Coaches: Stephanie Groathouse sgroathouse@waukeeschools.org
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