



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 6th grade. Please remember to purchase a team t-shirt if this is your first season running or a new size is needed.

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

First Practice: Wednesday, April 3rd

Practice Time: 3:45-4:30 pm

Practice days: MONDAYS and WEDNESDAYS through May 6th

Meet at the stairs behind the school.

Meets are at 3:00 pm at Castle View High School on the following **Sunday afternoons:**
April 21st, April 28th, and May 5th

At each meet 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 the 200m dash, followed by the 400m **or** 1600m race.

****Registration open February 1 - March 27****

****Registration will close earlier if capacity is reached****

Runners must be registered prior to their first practice.

Please register online at www.Landsharksrunningclub.com

\$68 registration fee through March 16th then a \$15 additional fee applies

We 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