

YOUTH CROSS COUNTRY



Nittany Track & Field, a non-profit club for boys and girls 8-18 years old, opens fall cross country training season! Club introduces kids to the basics of distance running and creates a fun atmosphere for training and competition. All levels of running experience are welcome!

Practice starts - September 3rd, 2008

Informational Meeting - August 29th,
Friday, 6:00 pm,
near Welch Pool Parking Lot

Fall-2008

Schedule:

Season: September 3rd – December 7th,

Practice: Monday	5:45 – 7:15 pm
Wednesday	5:45 – 7:15 pm
Thursday	5:45 – 7:15 pm
Saturday	4:00 – 5:30 pm
Sunday	4:00 – 5:30 pm

Attendance on all days is NOT mandatory

Location: State College Area High School
Cross Country Course

Registration: \$60/athlete
(\$40/next child in family)

Contacts and information:

Website: <http://mysite.verizon.net/ntfxc>
Call: Mark Fedkin 814-876-0461

