



YOUTH CROSS COUNTRY

Nittany Track & Field youth running club opens Fall-09 cross country training season! Boys and Girls 8-18 years old interested in running, fitness, and cross country training are invited to participate. Any levels of running experience are welcome!

Practice starts - September 9th, 2009

Fall-2009



Schedule:

Season: September 9th – December 6th,

Practice:	Tuesday	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)

**Informational Meeting –
September 8th,
Tuesday, 6:00 pm,
Welch Pool Parking Lot**

Contacts and Info –

Website:

<http://mysite.verizon.net/ntfxc>

Call:

Mark Fedkin 814-876-0461