

SPONSORED BY
TIPPECANOE



YOUTH RUNNING CLUB

Do you like to run?

If your answer is yes, then you need to check out the new youth running club sponsored by Tippecanoe High School Cross Country Team.

Who can run?

The club is open to runners ages 4-13.

What does it cost?

It is free all you need to do is register online www.tippxc.com/hermes.html



Where?

Tippecanoe Track Complex (Howell Field)

When?

June 7^h (track), June 14th (track), June 21st (track), June 28th (Kyle Park)

Time?

Ages 4-8: 6:00 p.m.-7:00 p.m.

Ages 9-13: 6:30 p.m.-7:30 p.m.

What to expect?

The purpose of the club is to provide young runners the opportunity to learn the importance of stretching, proper footwear, and running form.....more importantly.....they get to run! Each session features a warmup activity. Then, runners can choose to compete in a variety of distances in a track format style event. The final session will be a timed 1-mile cross country race at Kyle Park.

*Runners who attend at least 3 of the 4 sessions will receive a free Hermes t-shirt.