



**Eagleside Elementary
Landsharks Running Club
Spring Track Series**

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 running program led by Kaylee Strawhun and is open to students in kindergarten through 6th grade. Please remember to purchase a (**Gold**) team race shirt if this is your first season running.

Practices are scheduled on Monday (until meets start) and Thursday 2:30-3:30pm. Our first practice will be April 15, 2019 and we meet on the school field or in the gym if it is raining. A parent meeting will be held on the field after the 1st practice. Practices consist of running games and track workouts with a strong focus on fun. Races are held on Monday evenings at the Mesa Ridge High School Track. Each race night runners will run **two** races. Meets are April 29, May 6 and May 13, 2019, 6PM.

- Race Night #1- All runners will run the 50m dash, followed by their choice of a 400m or 800m race.
- Race Night #2- All runners will run the 100m dash, followed by their choice of a 400m or 800m race.
- Race Night #3- Runners start with their choice of a mile or 400m race, followed by all runners doing the 200m dash.

At the races, runners receive a race tag with their number, ribbons, a series medal at the

**Runners must be registered prior to their first practice.
Please register online at www.landsharksrunningclub.com
(\$59 registration fee until April 24 when \$10 late fees apply)
Financial Aid available February 24-March 24, 2019.**

final race, and refreshments. Race results are posted on the Landsharks website.

Registration opens February 24, 2019.

I 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,

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