

FREE CROSS COUNTRY CLINICS

WHEN

July 10,12,17,19,24,26

WHERE

Tuesdays—Lock 29 Peninsula

Thursdays—Happy Days Trail

5:00—6:00

Email jhoward@woodridge.k12.oh.us for information

FEATURING • Members of the Woodridge XC Program

- Alumni/Collegiate Runners
- Coach Howard / Coach Norris

GRADES 1-6

PARENTS SHOULD STAY!

*TEAM Warm Up

*Group Runs

(0-3 miles)

*Core/Strength Work

FORM DRILLS

* Cross Country Information and Opportunities provided for upcoming fall seasons!

SPONSORS

NONE ... JUST LEARN TO LOVE
RUNNING AND FITNESS

BENEFITING

Potential Members of the
Woodridge Cross Country
Family and/or anyone in-
terested in youth fitness!