

Interested in Getting in Shape for

CROSS COUNTRY?

Join the FALCON DISTANCE RUNNING CLUB
for group runs this summer!

Meet other runners and find out what Cross Country is all about!



WHAT: Group runs! A great way to get your summer training on track, run with friends, or get in shape!

WHEN: 8:30 am - 10:00 am Tuesday, Wednesday and Friday

(starting Friday, June 14, 2019)

WHERE: Lake Miramar - Meet near the bathrooms.

**** To participate you MUST be a member of AAU.****

Sign up at www.aausports.org and click on the new athlete registration link. Please print off a copy of your receipt or membership card to first practice. If you have questions about the club, joining AAU and to sign up for our email list, email us at: falcondistancerc@gmail.com