



Girls

Running

Club

GIRLS ONLY GRADES 3-6

FIRST MEETING MONDAY, NOVEMBER 27

Club fee of \$35 due at the first meeting

Fees include:

- t-shirt
- water bottle
- admission for club members to our Bobcat 5k on Saturday, February 10, 2018

GRC will meet on Monday and Wednesday after school till

4:30- pick-up bus loop

Session topics include:

- Warm-up
- Stretching
- Running Technique
- Race Preparation— Finale Race 2/10/18

Sign-up
<https://goo.gl/forms/OBWbZ4xIVhbq44lp2>

