



- ★ Boys only. Grades 3-6
- ★ Limited to 20 boys..
- ★ First Meeting Tuesday--December 4, 2018
 - Meets Tuesdays and Thursdays after school until 4:30.
 - Pick up in the bus loop
- ★ Session Topics include:
 - Warm-up
 - Stretching
 - Running Technique
 - Race Preparation
- ★ Club fee of \$35.00 due at first meeting. Includes:
 - Club t-shirt
 - Admission to the 2019 Bobcat 5k on February 9, 2019 (which includes a 5k tshirt)
- ★ Register at this link: <https://goo.gl/forms/HinInuUj0PYgfqx52>

BTES Boys Running Club 2018-19