



- ★ Girls only. Grades 3-6
- ★ Limited to 40 girls with 9 coaches.
- ★ First Meeting Monday--December 3, 2018
  - Meets Mondays and Wednesdays 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/M9i428lfillos1r11>

# BTES Girls Running Club 2018-19