



## Cross Country – Fall Season Starting September 8<sup>th</sup>

The Saint John Track Club will be starting a new fall program running 6 weeks from September 8<sup>th</sup> to October 13<sup>th</sup>



**Ages 8-11+/-** A variation on our Run Jump Throw program with more emphasis on running to gear towards the Cross Country Season. Lead by: Alex Holder &

**Ages 13+** A Cross Country training program geared for a range of ages. Open to anyone wanting to compete in school, provincial or regional cross country competition. Lead by: James Murphy & Bill MacMackin

<u>Day / Time</u>	<u>Location</u>
Monday- 5:30-6:30 pm	UNBSJ – Meet at the Track & Field Stadium where we will use the trails, fields & track on campus as our training ground.
Thursday - 5:30-6:30 pm	Lily Lake – Meet at the Lily Lake Pavilion where we will use the many trails and hills of Rockwood Park as our training site.

**Online Registration below: Registration will close on September 15<sup>th</sup>**

Registration must be done online at [www.SJTC.ca](http://www.SJTC.ca)

ANB fees cover fall 2016 fees including cross country, indoor track & outdoor track.

PROGRAM / ATHLETE GROUP FEES	Club Fee Per Season	Annual ANB (If not already paid)
All Ages	\$40	\$50

### **For more info contact:**

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