

Middle School Fall Running Club

Join Smith Running Academy as they host runners runners for the 2020 Middle School Fall Running Club.

Membership to this club includes weekly practices and 3 timed races. The club runs 9/8-10/23. Participating in meets only is also an option.

All practices and races will allow for social distancing and will include key components of healthy running:

- Running Technique Training
- Strength Training
- Mobility/Flexibility Training
- Nutritional Education
- Mental Performance Training
- Race and Training Strategies

Click [here](#) to register!

Denise Smith is a certified running technique specialist who happens to be a physical therapist. She strongly believes that a good foundation to running at a young age promotes a life-long love for running.

Megan Sloan is a certified RRCA Coach who has been coaching athletes of all ages for the past 10 years. Her love of all things running has helped her be a winning athlete and an advocate for the great sport of running.

Practices:
Tuesdays, Thursdays, Fridays
5:30-7:00pm

Location of Practices:
Smith Running Academy
110 W. Woodstock St, Crystal Lake

Meets:
September 20 (tentative)
October 3
October 24

Cost: \$150/runner

