



*Track and Field Club*

a member club of



## “CROSS COUNTRY” PROGRAM

for 2019

### *INTRODUCTION TO CROSS COUNTRY RUNNING*



**SUNDAY, 10:30 AM and WEDNESDAY, 5:30 PM**

**JOHN DEAN PARK**

**REGISTRATION: PHONE – LESLEY FOSTER – 250-656-5660**

EMAIL - [lesley.foster@icloud.com](mailto:lesley.foster@icloud.com)

**Make sure athlete has warm clothing and running shoes**

**Fees: \$25.00 Pen Track Club Fee**

**Plus**

**\$15.75 BC Athletics training fee if no plan to compete in BC Athletics Cross Country Races**

**Or**

**\$60.00 BC Athletics competition fee if want to compete in BC Cross Country Races (valid until Dec. 31, 2020)**

**EXPERIENCED COACHES WILL PROVIDE INSTRUCTION**

**COME AND JOIN US!**

**TRACK IS FUN!!!**

**Contact: Lesley Foster 250-656-5660**

For further information see: [www.pentrack.org](http://www.pentrack.org)

