

NTF Fall 2018 Youth Cross Country

Practice starts August 20th



Get a break from school work and join us for more running, fun, and fresh air !!

Season:

August 20th to November 18th

Practice times:

Monday-Thursday 5:45-7:15 pm;
Sunday 3:00-4:30 pm

Location:

Tudek Park (weekdays), Sunday locations TBA

Registration Fees:

\$70 / season (\$50 siblings)

Nittany Track & Field youth club invites girls and boys 8-18 years of age to join the Fall 2018 NTF Cross Country Program. The program is focused on developing foundational skills for distance running and creating environment for youth to train for their fitness and competitive goals. Both beginners and experienced runners are welcome!