

# NTF Fall 2019 Youth Cross Country

Practice starts August 26th



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

**Season:**

August 26th to November 17<sup>th</sup>

**Practice times:**

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

**Location:**

Tudek Park (weekdays), Sunday locations TBA

**Registration:**

Online through -  
[www.ntfxc.com/registration.html](http://www.ntfxc.com/registration.html)  
\$70 / season (\$50 siblings)

Nittany Track & Field youth club invites girls and boys 8-18 years of age to join the Fall 2019 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!