



# JN Running Club

The JN Running Club is open to all incoming 3<sup>rd</sup> – 8<sup>th</sup> grade students.

**Cost:** \$50 per athlete (includes T-Shirt & race day fee)

-\$10 JNCISD Employee Discount

**Checks payable to:** Blake Allen

**Venmo (preferred):** @ablakeallen

**Sign up:** <https://forms.gle/zsELsxH4eVbWNME17>

Please bring check, cash or venmo payment to the first practice.

Running is an essential foundation in all our team sports. The Running Club will incorporate a mix of endurance, speed, and footwork training. Jim Ned Cross Country Coach, Blake Allen, will be directing the Running Club with the help of other coaches & JN athletes. At the end of the Running Club your child will have an opportunity to compete in a 1 mile race at the annual Jim Ned Warpath Cross Country Meet (optional). **Please bring a water bottle with you to workouts!**

## August Schedule

Meet @ Indian Stadium in Tuscola

Mon	Tues	Wed	Thurs	Fri	Sat
<b>7</b> Running Club 8:00-9:00pm	<b>8</b> Running Club 8:00-9:00pm	<b>9</b> Nothing	<b>10</b> Running Club 8:00-9:00pm	<b>11</b> Nothing	<b>12</b> Nothing
<b>14</b> Running Club 8:00-9:00pm	<b>15</b> Running Club 8:00-9:00pm	<b>16</b> 1 <sup>st</sup> Day of School	<b>17</b> Nothing	<b>18</b> Nothing	<b>19</b> JNCC Meet Race @ 10:20am

\*Please arrive by 10:00am on Race Day & meet at the community park

\*Race day time might be earlier depending on our JNCC Meet schools participating

**Questions?** Talk to Coach Allen

Email: [ballen@jimned.esc14.net](mailto:ballen@jimned.esc14.net)

Phone: (325) 280-6813 -Allen