



Ben Franklin Academy

Landsharks Spring Track Program!

We offer a non-competitive youth program to introduce running to young athletes in a safe and fun environment. The focus is on having fun, competing against yourself to improve your own skill, being an encouraging teammate, and making new friends.



The Spring Track Series is a six-week school program led by Coach Meredith Plumb, and parent volunteers, and is open to students in kindergarten through 6th grade. The cost of the program is \$49 per runner.

Practices are scheduled two times per week on Mondays and Wednesdays, from 3:45-4:30pm. Practices consist of running games and track-based workouts with a strong focus on fun. Runners train in ability groups with peers and move up to the next group based on improvements made during the program. Races are held on Monday nights At Mountain Vista High School and last

approximately one hour.

- Two middle-distance nights - Runners in grades K-2 participate in either the 400m or 800m; Grades 3-6 run either 800m or one mile. Runners will run just one race on this night.
- One sprint night - Grades K-2 participates in both 50m & 200m; 3rd - 6th grades run 100m & 400m. Runners will run two races on this night.

At the races, runners receive a race tag with their number, ribbons, a series medal at the final race, and refreshments. Results are posted on our website within 24 hours of completion of each race. Parents and High School Athletes volunteer as race officials.

Registration begins March 11th, and there will be a parent meeting at BFA on Wednesday, March 13th at 7pm. To register, go to www.landsharkrunclub.com and click on "Register Now." If your runner does not have a Landshark t-shirt, you can purchase one at registration or at anytime from our store on the homepage of our website. Each school runs in the color chosen for their school.

PLEASE REGISTER PRIOR TO THE FIRST PRACTICE.

Be a volunteer coach and get a free shirt! We need your help!

If you have questions, please contact Meredith Plumb at: meredithplumb@hotmail.com

Register at www.landsharkrunclub.com