

NOVA RUN CLUB

The NOVA Run Club is for any ACSC 1st - 8th grade student to promote the sport of distance running in our community by teaching age-appropriate athletic biomotor skills in a fun environment. Runners will be coached by AHS high school staff and other qualified adults.

Cost:

\$70 - All participants will get a NRC long-sleeve shirt.

What to Bring:

Athletes should dress for the weather! Wear running shoes and have a water bottle with your name on it.

Contact Info:

Erin & Zach Toothman

avonxctf@gmail.com

Twitter / X: @AvonDistance

Instagram: @avon_distance

Online Registration:

<https://elweb.app/kohjnoz>

(Limited to first 120 registrants)



Parent Meeting:

Thursday, October 26, at 6:00 p.m. in the Avon High School auditorium – we'll roll out the club and answer any questions you may have!

Practice Schedule:

Practice will be held at the AXC course behind Cedar Elementary School from 5:00 p.m. to 6:00 p.m. (drop off between 4:50-5:00). If a change needs to be made it will be posted via e-mail or on Twitter / X (@AvonDistance).

Mon., 10/30	Thu., 11/2
Mon., 11/6	Thu., 11/9
Mon., 11/13	Thu., 11/16
Mon., 11/20	<i>No practice on Thanksgiving</i>
Mon., 11/27	Thu., 11/30
Mon., 12/4	Thu., 12/7

Racing Opportunities:

We will be looking to add a few races with area clubs (dates TBD) this year, as well as other optional racing opportunities through USATF Junior Olympics! Stay tuned!