



Come and Join Mesa View's Running Team

Who: Running Team is open to all Mesa View students that enjoy running.

What: Join fellow Mesa View students and teachers and follow a training program to help prepare to run a half marathon. Training runs will start at about 2-3 miles each and increase according to your individual program.

When: Informational meeting Oct. 24th @ 3:00 in room B8. Then training will be twice per week after school (days will vary each week)

Where: In the neighborhood around Mesa View and in Central Park

Why: To enjoy exercising with friends! Plus, at the end of our running season, we will participate in the Surf City Half Marathon on February 5, 2023. (Must be 13 to run & will need to pay registration fee)

Questions ~ Students, please talk to Mr. Hardy directly and parents, please email Mr. Hardy at bhardy@ovsd.org