



FALL SEASON!

The NOVA Run Club *Fall Season* is for any ACSC students in grades 1 through 6 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.

We will have a separate season in late October and into November for those looking to compete in the USATF Junior Olympic racing series. More info to come!

Cost:

\$60 - All participants will get a NRC t-shirt.

What to Bring:

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

Online Registration:

www.eventlink.com

You will need to create an Eventlink account if you have not done so already.

Practice Schedule:

Practice will be held at the AXC course behind Cedar Elementary School from 5:30 p.m. to 6:15 p.m. (drop off between 5:20-5:30). If a change needs to be made it will be posted via e-mail or on Twitter / X (@AvonDistance).

	Thu, 9/5
Mon., 9/9	Thu., 9/12
Mon., 9/16	Thu., 9/19
Mon., 9/23	Thu., 9/26
Mon., 9/30	Thu., 10/3
Mon., 10/7	Thu., 10/10

Racing Opportunities:

We will also have a few races with area clubs again this year on a couple of the dates above!

Contact Info:

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