



## CALVERT YOUTH

# POWER PACERS RUN CLUB

### Speed, Agility, & Endurance Training

Participants will improve cardio-respiratory endurance while learning proper running technique.

### Location

Jefferson Patterson Park  
Saint Leonard, MD

AGES  
8-13

FREE

SCAN TO  
REGISTER

## Dates & Time

Start Date: June 24<sup>th</sup> from 645-8pm  
Tuesday & Thursday Evenings  
End Date: August 2<sup>nd</sup>  
Neon Nights 5K to benefit Project ECHO

## Contact

Coach John Urban  
[Urbanj@calvertnet.k12.md.us](mailto:Urbanj@calvertnet.k12.md.us)



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