



**JOIN US FOR THE SEASON 2026!**

# **BELVIDERE TORNADOS YOUTH CROSS COUNTRY INVITES YOU**

- Have fun and run with us!
- Friendly and supportive team
- Three practices at week
- Belvidere Park @ Locus St.
- Ages 6-18
- Qualified coaches

**MORE INFO**



**Coach Rick Menge  
(815) 9858208**



**FIRST PRACTICE  
JULY 27TH**



**FACEBOOK: BELVIDERE TORNADOS YOUTH CROSS COUNTRY TEAM**