



Spring Running Club

Sponsored by Wiscasset Parks & Recreation Department

For Students in Grades 1 through 6

This program is designed to promote running as a fun and healthy way to enjoy a team atmosphere while developing a lifelong passion for the exercise.

Practices will be created to train and teach our young runners to enjoy the sport of running while growing into athletes. Practices (All Divisions - Monday & Wednesday) will be held weekly starting April 1, 2019. Additional practices will be held for the 5/6 grade division on Friday evenings. All practices (5:30 - 6:45 pm) will be held at the Wiscasset Community Center. Practice times are subject to change depending on availability & scheduling of Coaches. Bus transportation after school from WES to the Wiscasset Community Center is provided for our Afterschool program (ASA) in the afternoons, children would have to be enrolled in this program (ASA) to use this transportation option after school.

Our runners will compete in "**Fun Run Meets**" held in area communities on Wednesday afternoons throughout the month of May with a league championship meet held in June. The meets will take place in Wiscasset, Cumberland, Brunswick & Pownal. There will be a team bus to and from each meet (providing we have 20 or more participants in the program), the bus will leave at approximately 3:15 PM from the Wiscasset Community Center.

Course walk-thru is at 4:00 pm and the meets start at 4:15 pm.

The Championship Meet will take place at Twin Brooks in Cumberland on Saturday, June 1st. There will be **NO BUS** for this meet, car pool will leave at 11:00 am, walk-thru is at 12:30 pm and the meet starts at 1:00 pm.

Registration forms are available at the WCC or you can register online at www.wiscassetrec.com

Club Begins: Monday, April 1st

Club Ends: Saturday, June 1st

Fees:

Member / CP: \$40.00

Standard: \$50.00

(Fees include a Club t-shirt, coaching and transportation)

For more information, please contact the WPRD at 882-8230.