

RENTON CROSS COUNTRY

**Boys and Girls Grades K-5
September 20-October 27
Tuesday and Thursday 5:00-6:00pm
Highlands Neighborhood Center**

Recreational running program for elementary boys and girls. Runners will learn the proper techniques for warming up, running and cooling down at practices. Participants will run a variety of distances from 800-1500m. The program will include optional cross country invitational meets with participants from surrounding cities. This program is about fun, participation and running with your friends! Children participate at their own pace and choose their own distance at the Cross Country Meets. The program is held on Tuesdays and Thursdays from 5:00-6:00pm rain or shine.

Fee: \$50.00 Res/\$58.00 Non Res Course #58917

Cross Country Meet Dates:

4:00pm Saturday, September 24 Central Park Fields #2 & #3 Issaquah

2:00pm Sunday, October 9 Tollgate Farm Park in North Bend

6:00pm Friday, October 28 Tibbetts Valley Park Issaquah

(Please note: these dates, times and locations are subject to change.)

**COME JOIN
THE FUN AND
RUN WITH US!**

Looking for volunteer Runners!
Parents, this is your chance to share your passion of running/walking with your child. To volunteer, please email deken@rentonwa.gov.

Land O'Frost

Great Tasting Lunchmeat

425-430-6700

rentonwa.gov

CITY OF
Renton

