

2019
GREATER FITCHBURG
TRACK & FIELD
CLUB



Sponsored by the Fitchburg H.S. Athletic Department
And the Greater Fitchburg Track & Field Club

Presents:

SUMMER FUN RUN SERIES FOR 2019

Mission: To encourage running in and around Fitchburg, and promote a healthy life style for our youth.

When: Tuesdays and Thursdays, starting July 9, from 6:00 p.m. to 7:30 p.m.

Dates: 7/9, 7/11, 7/16, 7/18, 7/23, 7/25, 7/30, 8/1, 8/6, & 8/8

Where: Crocker Field, Fitchburg, MA

Who: Ages 4 and Up

Members of the Greater Fitchburg Track & Field Club will be taught a dynamic warm-up, proper stretching exercises, and running drills, as well as being offered additional running tips. A Track Meet will be held on Thursday, August 8th, starting at 5:00 p.m. based on a variety of age groups. There will also be tips on selective field events. Participants will receive participation awards for their involvement in this exciting opportunity.

USAT&F Sanctioned Club - New England Association [02-0378](http://www.usatf.org)

THERE IS NO COST!!!!

For further information contact:

**Fitchburg H.S. Athletics, 978-345-3245,
Or the Greater Fitchburg Track & Field Club at 978-790-0996.**

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Please Contact: Rick Zeena, Grievance Officer, 376 South Street, Fitchburg, MA 01420 [978.345.3215](tel:978.345.3215)