



Summer Running Rangers

SCHOOL BOARD MEMBERS

Linda G. Beebe
Emma Petrie Barcelona
Edward Favre
Thomas Einhouse
Betsy Bergen Shaughnessy

Coached by the LHS Cross Country coaches and runners, this running program instructs runners in training techniques, diet, and running form for distance training runs, in preparation of the upcoming cross country season. Participants will receive a t-shirt.

Direct questions to Stephanie Toole
(Boys HS Cross-Country) lwoodtrack@gmail.com.

GRADES 4-5 GRADES 6-8

Tuesday, Wednesday, Thursday

July 7th - July 30th

8:30am - 9:15am

\$40 resident/\$50 non-resident

Monday through Thursday

July 6th - July 30th

7:30am - 8:30am

\$45 resident/\$55 non-resident

Meet at Lakewood Park Kiwanis Pavilion. Participants must have quality running shoes in good condition and proper running attire. Bring full water bottle to each practice. This program will be conducted using public spaces and there will be times when the coaches do not have visual contact with all participants. Grades 3-5 will remain in Lakewood Park.

IMPORTANT INFORMATION

- Registration
Deadline: July 3
- Participants may register in person at Lakewood Recreation, by phone (216) 529-4081, or online at lakewoodrecreation.com
- Cost is \$40 per resident/\$50 nonresident for grades 4 through 5; \$45 per resident/\$55 non-resident grades 6-8. T-shirt may not be provided if registration is accepted after deadline
- Scholarships are available, contact the Recreation Department for more info
- Sponsorship opportunities available; contact the Recreation Department for more info

