

MANN

ELITE FEET

WITH

COACH WATKINS

Elite Feet is for students K- 5th grade.
Designed to help youth learn the basics of running. Training will increase slowly to build endurance, includes fun activities, and celebrates success along the way!

Weekly group practices are Tuesdays

PRACTICE DAY

Cost: \$30 - **LAST DAY TO SIGN UP: SEPT 15**

Practice Location: Mann

Practice Time: After School - 3:30

Race Distance: -1/4 Mile -1 Mile
-1/2 Mile -2 Miles

Race Date: Zombie Run Saturday October 14th

Race Location: Rutledge Wilson Farm Park

*Cost includes race registration and T-Shirt

TUESDAYS
Sept. 19- Oct. 10



To register go online to
parkboard.org/SPARC
For more information contact
Courtney at 417-874-2615

Email: courtney.farr@springfieldmo.gov



Scholarships may be available
for registration fees.
Contact the SPARC Office at
(417) 837-5737

