

SEQUIOTA

ELITE FEET

WITH

SPARC

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 Thursdays

PRACTICE DAY

Cost: \$30

Practice Location: Sequiota

Practice Time: 2:30-3:30

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

DEADLINE TO SIGN UP: SEPT 18

THURSDAYS

Sept. 21- Oct. 12



To register go online to
parkboard.org/SPARC
For more information contact
Rori at 417-874-26147

Email: rori.carmichael@springfieldmo.gov



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



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