

2009 NYOS Running Club

Running helps you feel better, think better, sleep better, look better, and most of all it is FUN!!

The Running Club is for 6 – 12 grade students of all abilities. The only requirement is that the student wants to run.

We run on Mondays & Thursdays from 4:00pm to 5:15pm.

We plan to run in 7 or 8 races around town. The current plan is as follows:



Nov	Turkey Trot
Dec	Trail of Lights
Jan	Vern's 5K
Feb	Cupid's Chase
Mar	Longhorn Run
Apr	Blue Bell Fun Run
Apr	Capitol 10K
May	Bun Run



The \$75 registration fee includes entry fee to races, running shirt and a lake party.

See Mr. Pfaff for information (bpfaff@nyos.org)