



## YOUTH RUNNING DEVELOPMENT PROGRAM

Training in Running for Fun, Fitness,  
Development and Friends!  
All Skills Levels Welcomed - Beginners to Advance  
Grades: 2 - 8



### ONLINE REGISTRATION: 2016 SPRING TRACK

**OPEN: JAN 1, 2016 - CLOSE: JAN 30, 2016**

[www.bhpal.org](http://www.bhpal.org)



**\$165 RESIDENTS (Berkeley Hgts/Mountainside)/\$195 Non-Residents / Late Registration Fee \$40**



### TRACK PROGRAM INFORMATION

- **PRACTICE BEGINS: Monday, February 29, 2016**
- **LOCATION:** Governor Livingston High School (GLHS). Alternate practice sites: Columbia Park
- **TRAINING SCHEDULE:** 5:45 -7:30 pm, Monday - Tuesday - Thursday
- **REGULAR SEASON TRACK MEETS:** Begins end of April – Offers Sprints, Middle-Distance, Distance
- **TRACK MEETS AGE-GROUPS:** Boys/Girls AAU & USATF Guidelines 8U, 9-10, 11-12, 13-14, 15-16
- **CHAMPIONSHIP: USATF State Championships-Saturday and Sunday June 25-26, 2016**
- **REGISTRATION FEE INCLUDES:** Team photo, T-shirt & End of Season Party
- **UNIFORM (additional cost):** Uniforms Tops & Shorts, Warm-ups (optional)
- **COACH & VOLUNTEERS:** Needed at all practices and meets. Must pass **background check** through USATF and AAU to be eligible, paid by the BH PAL. **No experience necessary. Questions: [ssanantonio@bhpal.org](mailto:ssanantonio@bhpal.org)**

### PARENT/COACH MEETINGS

**TO BE ANNOUNCED THROUGH BERKELEY HEIGHTS PAL E-MAIL**

**GREAT WAY TO FIND OUT MORE INFORMATION ON THE YOUTH RUNNING CLUB**

For more information about the Running Development Program visit: [www.wolfpacktc.org](http://www.wolfpacktc.org)

BH PAL is a Registered 501(c)(3) organization. Non-Profit Federal I.D. No. 22-2546235