

Get Off to a Great Start in Cross Country



Wyckoff Family YMCA Cross Country Clinic for Grades 1-9

Work with Joel Pasternack, area high school track coach and veteran long distance runner, to be trained in distance and cross country running.

Stretching and conditioning regiments, proper athlete nutrition, and proper training techniques will be emphasized.

Participants will be able to participate in New Jersey Striders and Lakeland Running Group Meets.

Clinic will meet at the Wyckoff Community Park for 7 weeks

Tuesdays and Thursdays

4:00-5:00pm

Beginning September 14

Full Members: \$100 Basic Members: \$130

**PARENT MEETING—WEDNESDAY, SEPTEMBER 8
5:00PM AT THE WYCKOFF Y**

Register in person at the Wyckoff Family YMCA

Questions: Call Joel at 973-773-2082

