



## 2024 *CROSS COUNTRY*

**RECOMMENDED FOR AGES 6-13**

Based on Player's Age as of START OF PROGRAM

Program is co-ed with an emphasis on fun, participation, and skill development.

**Registration dates: SEPT.9-SEPT 26.\***

**\*SIZE OF CLASS IS LIMITED, PLEASE REGISTER EARLY TO AVOID BEING WAIT LISTED.**

Registration will END at 4:00PM on September 26 **unless we have reached our maximum earlier.**

REGISTRATION IS ONLINE

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

Come out and join us for the Youth Cross Country program this fall!  
The Gotta Run Clemson staff, led by former college runners and coaches, will be teaching the fundamentals of distance running.

*All experience levels welcomed and encouraged.*

The program will conclude with a FUN RUN **Saturday, November 16<sup>th</sup>**.  
(RUN WILL BE IN THE A.M., COACHES WILL DETERMINE EXACT START TIMES AND SHARE WITH PARTICIPANTS)

**WHEN:** OCTOBER 17- NOVEMBER 14\*  
TUESDAYS/THURSDAYS 5:30-6:30PM  
**\*FUN RUN, SATURDAY NOVEMBER 16**

**WHERE:** NETTLES PARK, CLEMSON  
(LOWER FIELD)

**COST:** \$20/PARTICIPANT  
Includes T-shirt and entry to FUN RUN