

Cross Country Season

2014



Have you tried Cross Country?

Cross country is a great way for kids (and parents) to keep fit! It provides a great warm up or training run for other sports (football, netball, tennis, soccer etc.) and the opportunity to meet with friends and enjoy a run in the park.

Parents are invited to join in - either running with your child or on your own. You can take it seriously (run for a PB) or simply enjoy a run around Ballam Park with friends. Either way it's fun for the whole family. For parents not running, relax and enjoy a coffee with the paper while the kids enjoy catching up with friends and keeping fit!

Most of all it's a fun, relaxing and friendly atmosphere for parents and children to kick-start the weekend whilst keeping fit at the same time.

Come down and give it a go!

Venue: Ballam Park Athletics Centre. Benanee Drive, Karingal.

When: Saturday mornings. Season starts April 26.

Time: Sign-in 9:00am; Events 9:15am.

Duration: Approximately 1 hours for all events to complete.

Course: All event courses start in the athletics arena, loop around Ballam Park and finish back in the arena.

Cost: \$2:50 per event (one event per session). Same cost for parents.

All children must be registered with Little Athletics Victoria. Athletes who have registered for the 2013-2014 Track & Field (summer) season are already registered. New comers will need to register via the LAVic website (www.lavic.com.au) – select the “Cross Country” option.

For further information please contact Andrew Wells on 0414 364 824. www.flac.com.au