



..:PURPOSE:.

The purpose of the Ashland Youth Running Club is to foster a love of running in the youth of the community and greater area of Ashland.

..:DESCRIPTION:.

Open to youth in grades 4 through 6, the Ashland Youth Running Club will seek to introduce the components of running, jogging, and racing to students similar to youth football, baseball and soccer leagues. By exposing young athletes to the sport of running at an earlier age, the program hopes to benefit middle school and high school cross country and track and field programs in the county.

..:KEY COMPONENTS:.

The program will run through the month of August, following the conclusion of the YMCA's Track and Field program. Participants will register through the YMCA and will be coached by the Ashland High School Boys & Girls Cross Country programs with the coaches overseeing the implementation of the program.

During the one-month season, the runners will complete 25.2 miles of running. The program will conclude at the Ashland Cross Country Invitational where the registered participants will run the final mile of the program completing 26.2 miles, which will be called the Kids Marathon Mile Challenge.

Parts of the Program:

1. Warm-Up
2. Stretching
3. Training Drills
4. Conditioning
5. Progressing Training

..:REGISTRATION & SIGN-UP:.

To participate in the program, interested students should contact the YMCA at (419) 289-0626 (Nate Smith – Director of Youth Programs). You can also contact Coach Tim Black at (419) 651-0391 or tim@blackandwhiteservices.org.

Registered Participants will receive:

1. T-shirt
2. Medal after completing the program and running the final mile!
3. A FREE pizza party from Papa Johns (our official sponsor of the program)

Costs and registration information will be provided by the YMCA.