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WHERE THE ROAD ENDS AND THE FUN BEGINS

South Bay Family YMCA Trail Runners Club

EVERY TUESDAY AT 6:00PM | MARCH 15- OCTOBER 25, 2022

Whether your goal is to prepare for a race or just to run for exercise, this group is right for you. The South Bay Family YMCA Trail Runners Club is designed for participants with some running experience. (No walkers or hikers). Participants must feel comfortable running 3-6 miles round trip to and from the start locations. All running levels are welcome.

MEETING LOCATION:

Group meets in front of the South Bay Family YMCA entrance for the month of March-April. During the months of May-October, the runs will be held off site every other week.

DURATION:

1-2 hours

AGES:

10+

ATTIRE:

Wear comfortable running shoes to run in the dirt and wear light layers. Bring water. This is mandatory during the summer months.

All participants are required to complete a waiver form with a valid ID prior to their first run of the season with the group. Runners must check in with the Running Club coaches prior to the start of the run. No Child Watch is available during the runs.

FOR MORE INFORMATION,

contact Michelle Manly at 619-421-9622
ext. 14244 or mmanly@ymcasd.org

