



# VIRTUAL ELITE FEET



Join SPARC virtually for this 3 week program. Designed to help youth learn the basics of running and speed walking. Training will increase slowly to build endurance, includes fun activities, and celebrates success along the way! Each Monday, participants will receive 2 videos covering exercise, stretching, and running techniques. Track your progress and receive a special edition T-shirt.

## CLUB INFORMATION

**AGES:** 4 years old and up

**WHERE:** Virtual Run Oct. 12 -Oct. 18

- Lake Springfield

Virtual Run Oct. 19 -Oct. 25

- Ritter Springs Park

Virtual Run Oct. 26 -Oct. 31

- Rutledge-Wilson Farm Park

**FEE:**\$20

**DEADLINE:**October 14



## REGISTRATION INCLUDES

**Six Training Videos:** Released Mondays  
• Oct. 12- Oct. 26

**Special Edition Tshirt:** Pick-Up Available at  
Oak Grove Community Center: Oct. 27, 7 am-6 pm  
SPARC Office: Oct. 29, 7 am-4 pm

**Track your progress:** Access to shared Google Sheet with all runners

**Zombie Makeup Video:** Released Oct. 26  
Easy step-by-step

**Trail Suggestions:** Explore Greene County