

GWDRC Summer XC Prep

Greater Williamsburg Distance Running Club



Greater Williamsburg Distance Running Club

Open to 6th to 12th graders

GWDRC will be hosting a Summer XC Prep Session for beginner to advanced runners.

Appropriate for athletes that can run easily for 40+minutes

Calendar:

Date:	Day:	Time:	Location
July 14	Wednesday	7:00-8:30am	Green Spring Trail
July 16	Friday	7:00-8:30am	Green Spring Trail
July 17	Saturday	7:30-9:00am	WISC
July 19	Monday	7:00-8:30am	WISC
July 21	Wednesday	7:00-8:30am	Green Spring Trail
July 23	Friday	7:00-8:30am	Green Spring Trail
July 24	Saturday	7:30-9:00am	WISC
July 26	Monday	7:00-8:30am	WISC
July 28	Wednesday	7:00-8:30am	Green Spring Trail
July 30	Friday	7:00-8:30am	Green Spring Trail
July 31	Saturday	7:30-9:00am	WISC
August 7	Saturday	7:30-9:00am	WISC
August 14	Saturday	7:30-9:00am	WISC
August 21	Saturday	7:30-9:00am	WISC
August 28	Saturday	Summer Pool Party	6:30-8:30pm

Cost:

\$30.00 to GWDRC

Summer Club T-shirt

\$16.00 AAU membership

Sign up at www.gwrun.org

Practice Schedule:

See Calendar

Practice Locations: Green Spring Trail/Jamestown HS track and WISC running trails

Questions: Contact Club Coach Mark Tompkins at MarkTompkins1@gmail.com or

757 784-2281

GWDRC is 501c3 nonprofit that focuses on youth running development in the sport of Cross Country and Track & Field it was founded in 2014.