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## Fall 2011 YOUTH RUNNING PROGRAM



**Saturday October 1st through November 19th**

The North West Broward Road Runners Club's Youth Running Program motivates the training of beginner and advanced runners, interested in learning and improving running skills.

The program focuses on endurance, speed training and helps kids enhance running skills for sports like baseball, basketball, football, Lacrosse, softball, volleyball, soccer, etc.

For More Information...

Please contact

The 14<sup>th</sup> edition of the program will teach kids:

**Stretching, Breathing, Pacing,  
Running Style and Speed Work!**

Parents are encouraged to participate !!!



[Click here to join](#)



[Click here to join](#)

**We Will get you ready for a 5K race!**

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**Email:**

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**About the NW Broward  
Road Runners Club**

The NWBRR is a group of running enthusiasts that enjoy the health and fitness benefits of running. Our organization has over 100 members and we have been a proud member of the Road Runners Club of America (RRCA) since 2001. We meet regularly for fun runs and social get-togethers. We also provide marathon training and youth running programs. Our mission...to support and encourage each other to stay fit through running.



**The cost of the program is  
only \$35.00, T-Shirt is Included.**

**Upon completion of the program  
all kids will be ready to run the  
Tamarac Turkey Trot!**

**Saturdays 8 to 9 AM  
from October 1st  
through November 19th**  
*We meet at the pavilion by the tennis courts  
at North Community Park*  
*Corner of Westview Dr. and Coral Springs Dr.*

**Register at:**

[www.active.com](http://www.active.com)  
or  
[click here](#)  
or  
**in person at  
information meeting  
on  
Saturday, September 24 @ 9:00 AM  
at  
North Community Park**

**Come join us, join the club!**

at <http://www.nwbrrc.com>

**Confirm that you like this.**

Click the "Like" button.