

City of Clemson Parks & Recreation

# 2020 CROSS COUNTRY



**RECOMMENDED FOR AGES 6-13**

Based on Player's Age as of START OF PROGRAM

Program is co-ed with an emphasis on fun, participation, and skill development.

**Registration dates: SEPT. 14-25\***

**\*SIZE OF CLASS IS LIMITED, PLEASE REGISTER EARLY TO AVOID BEING WAIT LISTED.**

Registration will END at 4:00PM on September 25 unless we have reached our maximum earlier.

**REGISTRATION IS ONLINE**

[www.cityofclemson.org/Departments/ParksandRecreation/Athletics](http://www.cityofclemson.org/Departments/ParksandRecreation/Athletics)

Come out and join us for the Youth Cross Country program this fall!  
The Gotta Run Clemson staff, led by former college runners and coaches, will be teaching the fundamentals of distance running.

*All experience levels welcomed and encouraged.*

The program will conclude with a FUN RUN Saturday, November 14<sup>th</sup>.  
(RUN WILL BE IN THE A.M., COACHES WILL DETERMINE EXACT START TIMES AND SHARE WITH PARTICIPANTS)

**WHEN: OCTOBER 13- NOVEMBER 12  
TUESDAYS/THURSDAYS 5:30-6:30PM  
FUN RUN, SATURDAY NOVEMBER 14**

**WHERE: NETTLES PARK, CLEMSON  
(LOWER FIELD)**

**COST: \$20/PARTICIPANT  
Includes T-shirt and entry to FUN RUN**

COVID 19 PROTOCOLS ARE IN PLACE AND ADHERENCE WILL BE REQUIRED FOR PARTICIPATION.  
SPECIFIC DETAILS, WAIVERS AND REQUIREMENTS ARE AVAILABLE ONLINE AND WILL BE FORWARDED TO REGISTRANTS.



[www.cityofclemson.org](http://www.cityofclemson.org)

Parks & Recreation Department, 102 Nettles Park Road, Clemson, SC 29631

864-624-1120