

2018 Superior YMCA Youth Running Club

This program is for all youth between the ages of 7 and 17. No previous running experience is necessary! And most importantly, PARENTS ARE ENCOURAGED TO JOIN IN THE FUN! Parents may participate at no additional cost.

Participation is completely voluntary and we all understand that some days will not work for everyone, including our coaching staff! The purpose of this club is to show youth some of the great places in the Twin Ports to run and to encourage the whole family to become more active together.

In the event of any inclement weather, that day will be cancelled. Please call the Y or check the YMCA's Facebook page for announcements. If you would like, you may use the YMCA track or gymnasium but it will be an on-your-own day. For all other announcements, email will be the main source of communication.

The length of each day's run is based purely on time. Once warm-ups and stretching have been completed the program coaches will determine the length/time of run. No runner will be left behind! We will have a minimum of two YMCA representatives with the group at all times.

Thank you for joining the 2018 Youth Running Club!

Jon Reimer
Sports & Aquatic Dir.
jreimer@superiorymca.org
218-591-6864 (cell)
715-392-5611 (YMCA)



2018 Youth Running Club Calendar of Events

JUNE

SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11 5:30-6:30PM Meet at the Y. Complete all paperwork, & get running! Jay & Jon	12	13 5:30-6:30PM Meet at the Millenium Trail on 28th St in Billings park Jay & Lisa	14	15	16
17	18 5:30-6:30PM Meet at Wisconsin Pt at the lighthouse Jay & Lisa	19	20 5:30-6:30PM Meet in Perkins parking lot to run on Osaugie Trail Jay & Kathleen	21	22	23
24	25 5:30-6:30PM Meet at Enger Tower for stair- climbing and trails Jay & Diane	26	27 5:30-6:30PM Meet at Duluth Zoo. Park in rear of lot. Trails begin from rear corner behind the zoo. Jay & _____	28	29	30



2018 Youth Running Club Calendar of Events

JULY

SUN	MON	TUES	WED	THUR	FRI	SAT
1	2 NO PRACTICE. HAVE A SAFE AND FUN JULY 4TH!	3	4 NO PRACTICE. HAVE A SAFE AND FUN JULY 4TH!	5	6	7
8	9 5:30-6:30PM Meet at the Duluth Boardwalk by the MN entry Jay & Jon	10	11 5:30-6:30PM Meet at the Millenium Trail on 28th St in Billings Park Jay & Sarah E	12	13	14
15	16 5:30-6:30PM Meet at Wisconsin Pt at the lighthouse Jay & Jon	17	18 5:30-6:30PM Meet in Perkins parking lot to run on Osaugie Trail Jay & Kathleen	19	20	21
22	23 5:30-6:30PM Meet at Enger Tower for stair-climbing and trails Jay & Diane	24	25 5:30-6:30PM Meet at Duluth Zoo. Park in rear of lot. Trails begin from rear corner behind the zoo. Jay & Sarah E	26	27	28
29	30 5:30-6:30PM Meet at the Duluth Boardwalk by the MN entry Jay & Sarah (YMCA)	31				



2018 Youth Running Club Calendar of Events

AUGUST

SUN	MON	TUES	WED	THUR	FRI	SAT
			1 5:30-6:30PM Meet at the Hartley Nature Center. LOTS of trails here! Jay & Sarah E	2	3	4
5	6 5:30-6:30PM Meet at Wisconsin Pt at the lighthouse Jay & Sarah E	8	9 5:30-6:30PM Meet in Perkins parking lot to run on Osaugie Trail Jay & Sarah (YMCA)	10	11	12