

LANSING LIGHTNING



Learn about track and then compete as a team for the FLRC meets held at the Lansing track at Sobus Field!

Sign up for one, two, or all three sessions!

Participants will learn all about track and field, and we can build on any previous knowledge or experience they have. Learn how to start and run races and how to be a part of a successful relay team as well as the basics of field events.*

Registration fee for sessions 2 and 3 includes entry into the corresponding Finger Lakes Running Club track meet and a team shirt. Session 1 participants will be able to get a reduced group rate for the first FLRC meet.**

This program is coordinated by Becca Lovenheim, Lansing cross country & track coach.

★ We need volunteers to help with this program! ★

Volunteers will be provided with instructions, equipment, and activities.

Please indicate on program registration if you are willing to help out!

Open to grades K-8.

Parents are encouraged to stay and participate, especially for their young children!.

All sessions take place at the Lansing track.

Plan to bring water and wear running shoes, comfortable clothes, and sunscreen.

Session 1: FREE! Monday, June 11, 6-7pm
Monday June 18, 6-7pm
Track meet: June 19 Report at 5:40, events begin at 6pm.

Come to one or both Monday sessions & then compete at the first of three FLRC track meets!

Session 2: \$35 Tuesdays and Thursdays, 6-7pm: 6/26, 6/28, 7/3, 7/5, 7/10, 7/12
Track meet: July 17 Report at 5:40, events begin at 6pm.

Session 3: \$35 Tuesdays and Thursdays, 6-7pm: 7/31, 8/2, 8/7, 8/9, 8/14, 8/16
Track meet: August 21 Report at 5:40, events begin at 6pm.

*Hurdles and field events are not contested at FLRC meets. However, we will spend some time learning about these events during the program.

**Reduced group rate will only apply if we have enough participants to create a team.