



*"Run beyond the finish line"*

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We are excited to announce our new 2ndWind Athletics Summer Youth Distance Running Program to be held at Cal High Track or Diablo Vista Middle School Track on July 11 to September 2nd.

This program is tailored for boys and girls entering 6<sup>th</sup> through 12<sup>th</sup> grade who are interested in distance running. It is a great opportunity for anyone planning to run cross country and/or track in high school to prepare for their up coming season. Participants will be introduced to a similar training program used by cross country and track teams in USA. This program will not only build endurance and speed, but will also help children improve their work ethic, build self-esteem and develop a love for long distance running.

PROGRAM INFORMATION:

- **Date: July 11-September 2, 2011**
- **Last day for Registration is June 30, 2011**
- This program is limited to 15 participants. We strongly suggest that you register early
- Choice of duration of coaching – 2 weeks, 4 weeks, 6 weeks and 8 weeks
- Monday to Friday from 9:00am – 11:00am

**The Parents meeting will be held on July 7<sup>th</sup>, 7:00 pm at  
1221 Stoney Creek Drive, San Ramon, CA 94582**

WHO IS THE PROGRAM FOR?

- For boys and girls ages 11-18

PROGRAM RATES:

- 2 weeks - \$100.00
- 4 weeks - \$150.00
- 6 weeks - \$200.00
- 8 weeks - \$250.00

- ✚ A \$10.00 deposit towards the program fee is due at the time of registration to hold your child's spot. The balance of the program fee is due no later than one week prior to start of practice.
- ✚ All payments are non-refundable and non-transferable.

To reserve your spot, please submit a completed Youth Distance Running Program Registration Form by June 20, 2011. This form is available for download through [www.2ndWindAthletics.com](http://www.2ndWindAthletics.com).

For more information on the 2ndWind Youth Distance Running Program, please contact Coach Kao at [coachkao@2ndwindathletics.com](mailto:coachkao@2ndwindathletics.com) or (925) 640-6323.