

# Cross-Country Running Club



**Mondays from 4:30-5:30pm  
At the Recreation Center  
From September 19<sup>th</sup>- October 17<sup>th</sup>  
For Brunswick Youth in Grades 1-5  
Fee: \$60**

**Open to Brunswick Residents/ Brunswick School Department Students Only\***

The Parks and Recreation Department will be offering a Youth Cross-Country Running program on Mondays and Wednesdays starting September 19th! This program is designed to introduce children to the fun and satisfaction of running through regular practices and “Fun Runs”. Regular practices will be held outside at the Brunswick Recreation Center.

Starting on September 21st “Fun Runs” will be held on Wednesdays. During “Fun Runs” children will run with youngsters their own age in gendered divisions. 1<sup>st</sup> and 2<sup>nd</sup> graders will run a half-mile; 3<sup>rd</sup> and 4<sup>th</sup> graders will run three quarters of a mile; 5<sup>th</sup> graders will run one mile. A Championship running meet will also be held on Saturday, October 15<sup>th</sup>, in Cumberland.

*Please note—Transportation is not provided. Participant families are responsible for arranging transportation.*

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**We are seeking a Running Coach to oversee the Parks and Recreation Department running program. Adult and student volunteers are also needed to assist staff. Interested individuals should reach out to the Rec Department to learn more! Join us in making this a great program!**

Scan the QR Code to Register Online!



**COVID-19 GUIDELINES WILL BE CONSISTENT WITH BRUNSWICK SCHOOL DEPARTMENT PROTOCOLS THAT ARE IN PLACE AT THE TIME OF THE PROGRAM SESSIONS.**

The Parks and Recreation Department encourages individuals with disabilities to register for this program. Should you desire further information, contact the Recreation Department at 725-6656. To view our refund policy, see our current program offerings or register online, visit us online at [www.brunswickme.org/parks-recreation](http://www.brunswickme.org/parks-recreation)