

These are the dates we will be running through out the summer. Practice will be at 7:30am every practice and on Wednesdays we are offering a make up practice if they couldn't make it to the morning practice which will be at 6pm. Monday and Wednesday Morning practices will be held at the high school, Wednesday evenings and Friday mornings will be held at the Mo Running company. If you have any questions please shoot me an email. Finally I will be attending a camp at FSU. I work this camp every year.

June 2 - 7:30am
June 5 - 7:30am
June 7 -7:30am, 6pm
June 9 -7:30am
June 12 -7:30am
June 14 - 7:30am, 6pm
June 16 - 7:30am
June 19 - 7:30am
June 21 -7:30am, 6pm
June 23 - 7:30am
June 26 - 7:30am
June 28 - 7:30am, 6pm
June 30 - 7:30am
July 10 - 7:30am
July 12 - 7:30am, 6pm
July 14 - 7:30am
July 17 - 7:30am
July 19 - 7:30am, 6pm
July 21 - 7:30am