

GULF COAST RUNNERS YOUTH TEAM



Calling all kids aged 8-15

Do you like to run?

Are you interested in track and cross country?

Do you want to get in shape for another sport?

Do you want to be part of a team?

Gulf Coast Runners Youth Team is looking for new members.

Gulf Coast Runners youth team is a recently formed group that meets three times a week for 90 minutes, with experienced coaches that will help each athlete reach their goals. We train all ability levels; from beginner to very experienced athletes, from short distance sprinters to long-distance specialists. Our mission is to introduce young people to the sport of running, to promote healthy living, and to provide opportunities for those that wish to compete. Each member will be provided with a gulf coast runner's jersey that they are to wear to each practice. Whether you want to lose weight, get fit, run a 5K or learn to use starting blocks. We can help you achieve your running goals.

Call Coach Erica at 239-404-5023 for more information