

**Tuesdays  
& Fridays  
at 8 am**

# Grant Wood Running Club

**Starts Tues Oct. 8<sup>th</sup>  
No Sign up required**



**Come be a part of a great team!**

- We encourage all ages and abilities to join.
- Workout in a fun and spirited environment.
- Walk, jog, or run the track with your friends and families. This is a great opportunity for family members to get involved and support their children and we love to have you with us...it only increases the community atmosphere!
- We are committed at Grant Wood to providing healthy outlets for our students.
- This program will run twice a week for 6 weeks while we train for the Turkey Trot (4k, approximately 2 mile) Race, November 16<sup>th</sup>.
- **Parents look at the Couch-to-5k website!** A great program to get you ready to be your kid's running buddy. The 6 weeks will be just enough time to get you ready for the 2 mile run☺

Any questions? Please give us a call

Karla Westpheling OR  
Tanya Schneidermann

[kwestpheling@prodigy.net](mailto:kwestpheling@prodigy.net), Cell# 551-4126  
Tanya's Cell 423-4406, Home 265-5260

**Remember to LAYER your  
clothing! It will be cold starting  
out but will heat up during the  
hour. Always bring a hat and light**



**Please note:**

There are NO rain days. If it is raining or sprinkling, practice WILL BE CANCELLED.

Sorry☺

