



Greater Williamsburg  
Distance Running Club

# Are You in Middle School And Like to Run?

## Join the Greater Williamsburg Distance Running Club!

The Greater Williamsburg Distance Running Club, a USATF-affiliated club, is looking for **6-8th graders (boys and girls)** to form a competitive Middle School running/cross country team for the Fall of Cross Country 2018.



**Go to [WWW.GWRUN.org](http://WWW.GWRUN.org)  
To Sign Up!**

**Sign Ups:** Fill out the middle school Fall Cross Country 2018 form at [www.gwrun.org](http://www.gwrun.org). More detailed information will be sent out by Aug. 1st.

**Where:** Greenspring Interpretive Trail and Jamestown High School

**Schedule:**

Tuesdays 4:45 to 5:45 p.m. | Thursdays 5:30-6:30 p.m.  
Practices run from Sept. - Nov. **First practice: Thurs., Sept. 6th.** The team will run 1 -2 road races and 2-3 cross country races in the fall.  
*See race schedule on reverse.*

**Why:** Encourage youth to lead a healthy lifestyle and introduce them to cross country distance running.

**Cost:** \$60.00 Club Fee - 2 days/week Sept. - Nov.  
\$30.00 Club Fee - 1 day/week Sept. - Nov.  
\$20.00 - Club Member - just race (run on own)

*\*Club fee and \$20.00 Youth USATF Membership Fee.  
Club membership includes a basic training template emailed each week via Remind and email.*

**Questions?**

Contact GWDRC Coach Mark Tompkins  
[MarkTompkins1@gmail.com](mailto:MarkTompkins1@gmail.com) | (757) 784-2281  
Coach Tompkins is a Jamestown High School Special Education Teacher and the JHS Head Cross Country/Track & Field Coach.



If you are a young runner who enjoys running, consider joining our program. It will be great fun, you will make new friends, and you will run at some great cross-country meets!

## **RACE SCHEDULE\***

### **Milestat Relays**

Saturday, September 22nd  
Mechanicsville, VA (Evening Race)  
(Large High School meet with a middle school race - 1.5 miles)

### **Greenspring 8k & 2 Mile Middle School Challenge**

Saturday, September 29th  
2 Mile Cross Country Course (Morning Race)

### **“Cross Country in the Burg”**

Middle School and Elementary School Cross Country Race  
Date and Location TBA  
USATF Race  
2 Mile Cross Country Course

### **Virginia Junior Olympics Championship**

Saturday, November 17th (Morning Race)  
USATF race

### **Southeast Footlocker Championship**

Saturday, November 24th  
Charlotte, NC  
Huge Cross Country Celebration for youth, MS, HS and open races in McAlpine Park.  
(Morning Meet). Over 3000 runners.

*\* All races are optional.*

The Greater Williamsburg Distance Running Club (GWDRC) is a USA Track and Field (USATF) developmental running club for boys and girls from 8 years old to 8th grade to learn the basics of cross country running.