

NTF - Penns Valley Youth Cross Country

Practice starts August 20th



Come check out Penns Valley's new chapter of Nittany Track & Field youth club!

Cross country running is a great way to promote a healthy lifestyle, teamwork, goal-setting, and overall fitness. Now we will have it as a club sport available at PV!

Nittany Track & Field youth cross country program is open to girls and boys 8-18 years of age. Practice starts August 20th. Both beginners and experienced runners are welcome!

Season:

August 20th to November 18th

Practice times and location:

Monday-Thursday 6:00-7:30 pm
at PV Environmental Center

Sunday 3:00-4:15 pm at various
park locations

Registration Fees:

\$70 / per season (\$50 siblings)

Registration online via:

www.ntfxc.com



With questions and for more info contact Kalena Smith
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