Fleet Feet Summer Sizzle

2 mile

**When**:Saturday, August 24th 7:00 AM, Race at 7:45 AM

**Where**: Woodward Park Lakeview Shelter (Enter at main entrance and go to the right. Closest parking is the first big parking lot on the left)

**Why**: To check your fitness after a good summer of running, have fun, enjoy the discounted shoes and gear to buy.

**Cost**: $5

## Extra Stuff: The Fleet Feet Summer Sizzle will be held at Woodward Park on a flat 2 mile course so that you can get a feeling for your fitness early in the season. This is a Fleet Feet event, so we will have our reps from Under Armor, Saucony, New Balance and Brooks selling XC flats for a discount at the event. This event is going to be a lot of fun, with a “predict your time” prize and other cool happenings.

## Itinerary:

## 6:50 – Arrive at Woodward Park (after 7:00 there is a $5 entry fee to the park)

## 7:00 – Meet Coach Beauchamp next to the Lakeview Shelter Playground Area.

## 7:10 – Warm up with the team for the race.

## 7:45 – Race for all Junior High runners (also includes high school JV runners)

## 8:05 – Cool down with your teammates.

## 8:10 – Hang out and enjoy the activities.

## Coach Beauchamp needs to know if you are going, collect the $5, and get your time prediction is by Wednesday so he can enter you and pay!!!!!!