



WARRIOR RUNNERS

WARRIOR RUNNERS is a 6-week, summer opportunity for middle and high school athletes to develop, build, and enhance their abilities in distance running (cross country, track, and road racing), within a fun and encouraging environment. Athletes will benefit from specific training and learning opportunities that will contribute to their success as an endurance athlete.

DATES

June 20-July 29 | 8:00 am-9:30 am
Mondays, Wednesdays and Fridays

PROGRAM COST

\$175 | \$185 for non-Waunakee residents

LOCATION

The Waunakee Village Center and village parks.
Practices will be on a mix of grass, trail, and road surfaces

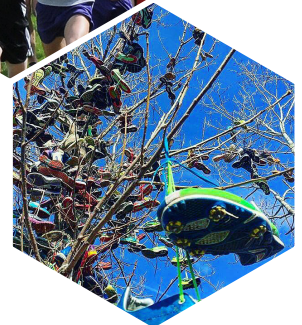
USATF MEMBER PROGRAM

Program is United States Track & Field
(USATF) sanctioned and member certified

MEETS AND COMPETITION

There will be opportunities for participating in local meets and road races. Participation is optional.

**Transportation and entry fees not included.*



SIGN UP TODAY!

Visit the Waunakee Village Center website
(<https://apm.activecommunities.com/waunakee#>)
search for "WARRIOR RUNNERS"

**Space is limited.*

PROGRAM COACHES

Led by Heather Martens-Raffel - WIAA XC Certified Coach, USATF Level 1 Track and Field and XC Coach, SafeSport Certified, Certified by the National Council for Accreditation of Coaching Education (NCACE), NFHS, Red Cross AED and First Aid. Distance Coach, Track & Cross Country for Waunakee and Middleton High Schools. Competed for The Ohio State University. Program coaches include college, and college bound, student-athletes who are experienced in coaching and inspiring developing athletes.