



## The 2018 SMIRFs Running Camp - Summer Mornings Include Running Fun

Gulf Winds Track Club and the City of Tallahassee

This Summer Running Program is sponsored jointly by the City of Tallahassee Parks, Recreation and Neighborhood Affairs and by Gulf Winds Track Club. The program's goal is to provide opportunities for students in middle school and early high school to improve their running skills and endurance during the summer months. The program is recommended for students age 9 and above.

- The first day for the 2018 program is June 4, 2018.
- The practices will begin at 7:45 a.m. each day. Runners should arrive by 7:30 a.m.
- Practices will end at 9:15 a.m.
- Drop off and parking is at 701 Miller Landing Road at the Meadows Soccer Complex located at 701 Miller Landing Road. [Directions](#). (Note, this location is secured and the program is committed. The goal of the program is to add one more location at Jack McClean Park or some other nearby location.)

The SMIRFS have laid claim to one of the most beautiful areas in the city - Elinor Klapp-Phipps Park, 670 acres of protected land along the bank and in the watershed area for Lake Jackson. The trails are magnificent and home to many GWTC (Pot Luck Bash for example) races and several high school cross country meets. Experienced and knowledgeable coaches will provide instruction and supervision during the workouts.

Want to join the team? Register at [Eventbrite.com](#). Like our Facebook Page. Email or call one of the names below if you are interested in coaching or have any questions about the program.

1. Lucas Williams: City of Tallahassee; phone - 891-3825; email [Lucas.Williams@talgov.com](mailto:Lucas.Williams@talgov.com).
2. Carly Thomas - Coach and Instructor; (experience); Phone 631-2184; email - [carlythomas4@gmail.com](mailto:carlythomas4@gmail.com)
3. David Yon – Gulf Winds Track Club; [david@radeylaw.com](mailto:david@radeylaw.com) or 850-425-6671