



The 2019 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 elementary, middle 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 2019 program is Monday, June 3, 2019.
- The practices will be held Monday thru Friday and begin at 7:45 a.m. each week day. Runners should arrive by 7:30 a.m. and start warming up.
- Practices will end at 9:00 a.m.
- Drop off and parking for the Phipps Practices are at the Meadows Soccer Complex located at 701 Miller Landing Road. [Directions.](#)
- Drop off and Parking for the Tom Brown Park location is next to the playground just past the BMX track. [Directions](#)

The SMIRFS have laid claim to two of the most beautiful areas in the city. First, is Elinor Klapp-Phipps Park, which includes 670 acres of protected land along the bank and in the watershed areas for Lake Jackson. The trails are magnificent and home to many GWTC races (Pot Luck Bash for example) and several high school cross country meets. Tom Brown Park is *the* Tallahassee location for outdoor activity. There are paved trails, like Goose Pond and unpaved trails like Lake Heritage Trail Park. It is a great way to learn to love running. Experienced and knowledgeable coaches will provide instruction and supervision during the practices.

Want to join the team? Register at [RunSignUp](#) And receive our “Welcome to the SMIRFs” package. And don’t forget to check out 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
2. Laura McDermott - Gulf Winds Track Club – email: McDermottL779@icloud.com
3. David Yon – Gulf Winds Track Club; email - david@radeylaw.com or 850-425-6671