



# FALCONS

# RUNNING CLUB

**1ST MEETING/INFORMATION SESSION - OCTOBER 6, 2023**

**FRIDAYS, 2:30-3:30**

JOIN US WEEKLY FOR FRIENDSHIP, FITNESS, AND FUN!  
MEETINGS WILL BE ON BACK COVERED PATIO. NO EXPERIENCE NEEDED!

GOAL IS TO TRAIN AND PARTICIPATE IN THE SJCSO CHARACTER COUNTS 3K/6K IN FEBRUARY, 2024. MEETINGS WILL INCORPORATE DISCUSSIONS ON HEALTHY HABITS AND WE WILL BE RUNNING.

**OPEN TO STUDENTS IN GRADES 6-8**

FOR MORE INFORMATION CONTACT MR. JOHN REED,  
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