

# I-RUN

**WARREN COUNTY TRACK CLUB**

I-Run Track Club will host an informational parent meeting on

**Monday, April 9<sup>th</sup> at 7:30pm**

in the Blake Fieldhouse Multipurpose Room

(next to concession stand in hallway outside of gym area).

I-Run is a USA Track and Field sanctioned club formed in 2016, based out of Indianola, for Warren County kids from Kindergarten – 12<sup>th</sup> Grade (2017-18 school year). The vision of I-Run is to provide a foundational experience in track and field to as many participants as possible. This will be accomplished by providing additional practice and competition opportunities that aren't currently readily available in this area. The club will teach and reinforce proper track and field mechanics including stretching and warm-ups, form running, introduction of individual events, and rules and etiquette of competing in a track meet. By increasing exposure to additional forms of physical activity, I-Run hopes to increase the physical fitness of participants as well as jump start participants' track and field experience in both middle and high school.

Registration paperwork will be available for easy sign-ups.

If you are interested in more information but are unable to attend this informational meeting, please check out our page on Facebook (<https://www.facebook.com/iruntrackclub/>) or email [irunwc@gmail.com](mailto:irunwc@gmail.com).

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