

NTFXC - Schedule and locations for Sunday runs

SUNDAY	Location
8/26/2018	Spring Creek Park
9/2/2018	Oak Hall Park - course jogs
9/9/2018	
9/16/2018	Penns Valley Elementary
9/23/2018	
9/30/2018	Slab Cabin Park
10/7/2018	OFF - (Tussey Mountainback)
10/14/2018	Sunset Park
10/21/2018	Lederer Park
10/28/2018	Intersquad Meet 3 pm
11/4/2018	OFF - (after Mid-Atlantic meet)
11/11/2018	Treasure Hunt (location TBD)
11/18/2018	Region 2 Meet at Hershey

- * All Sunday practices will be from 3:00 to 4:15 pm unless communicated otherwise.
- * Typical Sunday practices are long runs in the range 3-5 mile depending on age and level of athletes attending.
- * Parents are encouraged to participate, especially with younger runners, who are likely