

Join the **Spirit Sprinters** today!

Become a strong runner
while learning about running's connection
to Native American culture.

Season Dates:

Oct. 6th – Dec. 3rd

Reindeer Romp Dec. 5th

Practice Days/Times:

Tues/Thurs 4:30-6:00pm

Longhouse Round Room

Open To:

Boys and Girls in 3rd – 8th grade

NO Fee:

This program is provided
FREE of CHARGE by the
Catawba Wellness Program

Contact:

Heather at the Clinic
372-5661 or 366-9090



Register online at www.catawbaindian.net
and look for the link in the News Section.



Spirit Sprinters is a member of the Road Runners Club of America and Kids Run the Nation