

Join the **Spirit Sprinters** today!

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

Season Dates:

March 1st – April 28th

Catawba Nation 5k River Run

April 30th

Celebration TBD

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
Wellness Warriors

Contact:

Rachel McDaniel

803-370-6242

Caitlin Totherow

803-328-2427 ext. 226



Paper registration only. You may pick up at the
Longhouse or download through
www.catawbaindian.net.



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