

# UTICA Roadrunners

## X-C Training Runs

- WHERE: New Hartford  
Sherrill Brook Town Park
- WHEN: **Tuesdays** 4:00 – 5:00 pm (  
June 25th to August 21st
- COST: **FREE**
- WHO: Ages 12 and up are welcome

**What to wear:** Comfortable running attire

**What to bring:** Water, and a positive attitude about running

**Kelly Ann Nugent**, New Hartford Modified X-C Coach and Utica Roadrunner member will be coaching the runs.