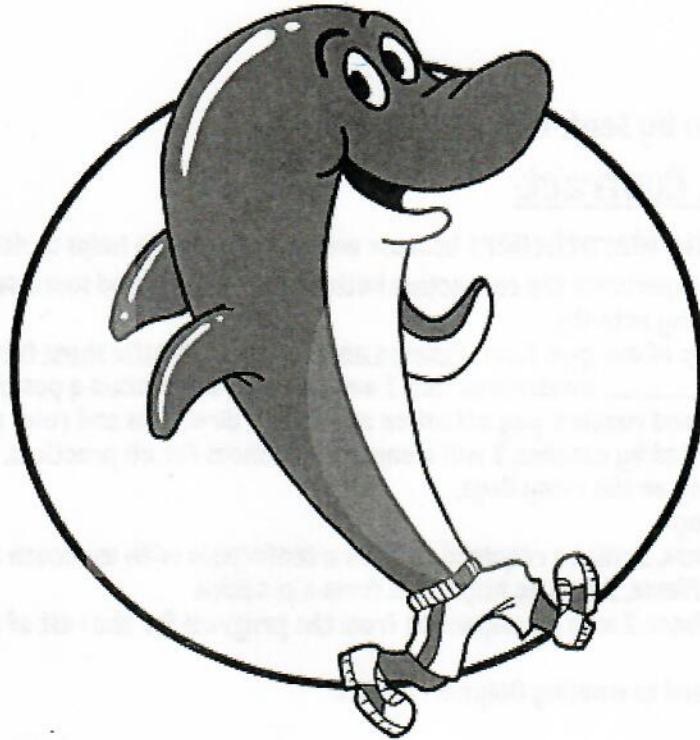


MORNING MARATHONERS



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Houghtaling Dolphin runners in grades 3-6!!

(Coaches **do not** have the ability to supervise siblings who are not participating in our program.
Students under third grade may be accepted into the program on an individual basis with coaches' approval.)

**Meet on Monday and Wednesday mornings from 8-8:30 in the
gym.**

(Prompt arrival for stretching is required for runners)

Run laps in the gym or outside

(Change of clothes and shoes necessary when raining)

**Laps become miles...miles become 5K, 10K, ½ marathon,
and full marathon medals!**

Watch your name move on our Running Wall of Fame in the gym!

Adults and students are welcome to participate!