



***Do you like to run?* Frederick Steeplechasers SPIRES announces its 2019 Youth Cross Country running program for ages 7-14!**

WHERE: Baker Park, Frederick, MD

WHEN: Tuesdays & Thursday practices, 5:30-7 p.m.; Sunday XC meets

HOW: Join us with running sneakers and a water bottle and we'll show you the rest!

Find out more and register online here:

<https://runsignup.com/fsrccspires>

FIRST PRACTICE IS TUESDAY, AUG. 27. REGISTRATION OPEN UNTIL LABOR DAY!

Contact Coaches Trevor James or Tim Stevenson for more information:

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