

2020 Summer Speed with Coach Vic!

WHEN? Noon on Monday,
June 22nd

WHERE? RV/Montecito
Park (next to MCHS meeting
on benches near play
structures)



WHAT TO EXPECT?

Coach Vic will have all the information for you to sign-up Speed Training Sessions available through the Peninsula Flyers Track Club, plan is to meet 2-3 times a week for 8-12 week sessions.

...For more information, stay tuned for updates and sign-up forms to be posted on the Peninsula Flyers Track Club Website: www.peninsulaflyers.com

...We will also be posting information on our Maria Carrillo Track/XC Team Website: www.mariacarrillorun.com

OK TO BRING YOUR PARENTS TO ASK QUESTIONS!

IMPORTANT! ...PLEASE BRING YOUR FACE COVERING/BE PREPARED TO MAINTAIN 6' SOCIAL DISTANCING FOR THIS MEETING!

Contact Coach Vic for more information:
coachvic68@yahoo.com or text (650) 984-0129