



WOODSTOCK LEGION ATHLETIC CLUB



Cross Country Fall Training

The Woodstock Legion Athletic Club is once again offering cross country fall training for students of all ages. Come out and learn the basics or supplement your training for your school meets, Regionals or Thames Valley.

Practices

Practices are held at **Roth Park** on **Sunday** afternoons from **3–4:30 pm** beginning **September 4th** and running until **November 20**.

Cost

Cost of the training sessions is \$60.

Please bring your payment and register prior to the first session.

Registration

You can obtain registration forms from our website at **www.wlac.ca** or you can contact **Dustin Gamble** at **519-994-9815** or **dgamble@uoguelph.ca**