


Students stay in running shape this summer!
Parents help your child build endurance!
SIGN UP NOW!



What:

- Great Road Racers is a running program for Livingston County children, incoming **4th graders and up**. Instructing GRR is Gerald Bliznik. Coach Bliznik has over 24 years of experience coaching cross country and track.
- The mission of GRR is to promote running as a source of physical, mental, and social well-being while having a common interest in having fun, staying fit, and getting runners ready for the MHSAA Cross Country season.
- Athletes will participate in several types of distance runs and **3 mini cross country meets**.
- Mini meets will be **Sponsored by Running Lab of Brighton** 
- Athletes will be introduced to G.F.R. (Good Form Running), which involves running with a cadence.
- Tuition: \$89 includes famous GRR running shirt. **Please include size when registering beginning April 4th.**

Where:

- You can sign up through **Hartland Community Education in the Spring**
 - <http://hartlandcommunityed.com>
 - the class # **GRR 17**
- We will use the Hartland High School CC Course as our home course. However, we may try other courses for different terrain, i.e. Kensington Metro Park.

When:

- Practices are on **Tuesdays and Thursdays from 8-9:30am. Runners will meet at Hartland Middle School-Ore Creek; the front entrance.**
 - **July, 6th, 11th, 13th, 18th, 20th, 25th**
- Also, 3 mini meets held on our Hartland High School CC Course, **Wednesdays at 7pm – July 12th, 19th, & 26th.**