



FALL 2021: RUNNING CLUB SCHEDULE

(HOSTED AT THE DUNIGAN YMCA CHARIS FIELD)



DATE	DAY	LOCATION	TIME
SA, Aug 21	SATURDAY	Dunigan YMCA Charis Field Introduction & Easy Workout	3:00 – 4:00 p.m
SA, Aug 28	SATURDAY	Cracker Barrel Lake Loop Speed Workout	3:00 – 4:00 p.m
SA, Sept 4	SATURDAY	No Running Club...Labor Day Weekend	
SA, Sept 11	SATURDAY	State Hospital 2 Mile Time Trail	3:00 – 4:00 p.m
SA, Sept 18	SATURDAY	Deaconess Sports Park Speed & Strength Workout	3:00 – 4:00 p.m
SA, Sept 25	SATURDAY	Cracker Barrel Lake Loop Speed Workout	3:00 – 4:00 p.m
SA, Oct 2	SATURDAY	State Hospital 2 Mile Time Trail	3:00 – 4:00 p.m
SA, Oct 9	SATURDAY	Deaconess Sports Park Speed & Strength Workout	3:00 – 4:00 p.m
SA, Oct 16	SATURDAY	Dunigan YMCA Charis Field Introduction & Easy Workout	3:00 – 4:00 p.m
Make Up Day – If needed			
SA, Oct 23	SATURDAY	Dunigan YMCA Charis Field Coaches Preference	3:00 – 4:00 p.m

*Potential Running Club meeting locations...Dunigan YMCA outside gravel track, Cracker Barrel lake loop, USI cross country trails, USI Burdette Greenway, Evansville Greenway, Newburgh Greenway, Friedman's park, State Hospital park (grass or road loop) or Deaconess Sports Park. **Location for each week will be communicated by Coach Tim.***

- **Sports Weather Hot Line** – For inclement weather updates and cancellations call (812) 491-7723 or go online to www.ymcaswin.org, click the SPORTS ACADEMY button and check our bulletin board.
- **TEXT ALERTS:** Get up-to-date program information, from your specific sport program, directly to your phone (schedules, league cancellations, schedule adjustments, and program discounts) by texting @ymcarun to the following number: **81010**

YMCA RUNNING CLUB COACHING STAFF



**Coach
Tim Roman**

Running Club Coach
Track & Field Coach

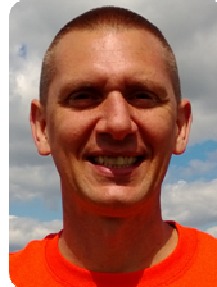


**Coach
Brian Nelson**

Running Club Coach
Track & Field Coach



**Coach
Matt Laine**
Youth Sports
Program Director



**Coach
Troy Sowders**
Senior Sports
Program Director

"Take a Pic & WIN"
Take a picture of your child during game play and upload it to Instagram or Facebook with the hastag #YSportsAcademy for a chance to be drawn for a FREE YMCA Sports Academy t-shirt.

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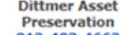
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