

PARKER WHITNEY RUNNING CLUB



Calling All 4th-6th Grade Runners!

Time to get those legs moving! Starting February 7, 2023, the PW cross country coaches would like to invite students that are interested in running to come out once a week for an enjoyable run with friends at the Sunset Whitney recreation Area. This would help with conditioning during the off-season, if you are planning to participate in cross country, as well as other sports.

We will be meeting and running off campus on the trails for 45 minutes. Parents will be responsible for transportation of students. There is no fee. Participants will sign in/out, follow school rules and stick together on the trail. Parents are welcome to help facilitate the different groups.

Please contact Rachelle Lopez rlopez@rocklinusd.org or Laura Anderson landerson@rocklinusd.org if interested or if you have any questions 😊

STARTING
FEBRUARY 7, 2023

4TH – 6TH
GRADERS!

EVERY
TUESDAY!

3:15 - 4:00 PM

PARENTS
WELCOME!

**SUNSET WHITNEY
RECREATION AREA**

4201 Midas Ave
Rocklin, Ca 95677

Main parking lot

Tuesday 3:15-4:00