

SOUTHERN INDIANA RUNNING CLUB

WWW.SOINRUN.COM

2020



SIRC is a running club open to any and all cross-country runners in **Floyd, Clark, Harrison and any other surrounding counties**, from as young as 5 years old up to the age of 18 (must not turn 19 before 12/31 of current year.) We accept runners of all abilities, including National Championship material and kids who just love to run. I ran from age 9 until 18 and learned a lot about running from AAU. It was a wonderful experience for me and **I was also offered 5 college scholarships from participating in the AAU program alone.**

SIRC will be fielding teams to qualify for the AAU NATIONALS. Each runner's age group is determined by his or her age by December 31st of this year. The groups are: 5-6, 7-8, 9-10, 11-12, 13-14, & 15-18.

Those runners that qualify are eligible to compete in the AAU CROSS COUNTRY NATIONAL MEET to be held on **Saturday, December 5th in Tallahassee, FL.**

Each age group team may have up to 8 runners, and we will field as many teams as we can in each age group.

SIRC also competes in "YES" meets State is September 28th At Community Park in New Albany. Nationals are November 21st in Lexington, KY. (high school runners are not eligible to run at state, but can qualify for nationals)

CLUB FEE: \$150 (DUE IN FULL BEFORE 1st PRACTICE) "NON REFUNDABLE" (if runner competes in more than AAU nationals, and Yes meet, they will be paid for on an individual basis.)

FAMILIES ARE RESPONSIBLE FOR THEIR OWN EXPENSES TO EACH MEET.

SIRC also has fundraisers that families may choose to take part in to help offset their expenses. Company donations are also accepted. Our practices for elementary and middle school students will begin on October 1st. This usually is the first Monday after the last Middle School cross country meet of the season. Practice will be held at Community Park Monday, Wednesday, and Friday 6-7:30. When time changes we will practice 530-7. **High School runners may begin practicing with the club as soon as their high school season is over.**

For more information call

Coach Brie Fleming at 502-523-8597 baffleming@gmail.com

**JOIN US IN FLORIDA ON DECEMBER 5th
FOR THE AAU CROSS COUNTRY NATIONALS!
DEADLINE TO REGISTER: OCTOBER 16th, 2019**