



Fall 2020 Virtual Season



Welcome to the first EVER virtual New Albany Track Club season. We have heard that many are sad we can't run in person this fall. We hope to have a season in the spring. But until then, we can still cheer on our runners!

What: A series of on-your-own races. One mile per week.

When: The entire month of September.
Run when you want any time during the weekly challenge.

Where: Anywhere you can run a mile or at one of the marked courses.

Why: Running is fun and because we can!

Cost: Free!



Weekly Themes

Week of 9/7: Family

Week of 9/14: School Pride

Week of 9/21: Crazy Socks

Week of 9/28: Team Spirit

How to Participate

This will be an informal, but fun way to keep those shoes pounding the pavement. Each week you can earn points by participating in various ways: running at least one mile, following the weekly theme, posting a fast time, and dedication. Fast times are fun, but they are just one element.

By entering your information online, we will be able to CHEER YOU ON and award some prizes. All are welcome to participate, but we will recognize 2nd, 3rd, and 4th graders. We hope that this will encourage you to keep moving and stay healthy. A new link to upload your run information will be posted on FB/Twitter/our web page each week. Don't forget to submit your times and other details based on the theme. You can post a picture, too!

We will have a course marked on the ground at a couple local parks. You can run that course or make up your own mile course. As with any run, we want you to be safe. Make sure you drink plenty of water and run responsibly with a trusted friend or adult.

Weekly Theme Descriptions

Family: We love running with family. Can you get at least one member of your family to run with you? A parent, grandparent, sister, uncle? Make it fun and relaxed or enjoy the fast competition. The more you get to participate this week, the better. Are you the fastest in your family?

School Pride: We love ALL of our schools! Can you get a teacher or staff member to run with you this week? Extra point for administrators! Even if you get a group of friends from your school, we want to see you run with school pride! You don't have to run together, but the school with the most staff and teacher participants will earn points for all of their student runners.

Crazy Socks: Who doesn't love a fun pair of socks? Put on your craziest pair, tie up those laces, and GO! Don't have a pair of crazy socks? Mismatched will do just fine!

Team Spirit: College basketball? Pro football? Wear a team shirt or any apparel of your favorite team and run with spirit!