

**Every Thursday 5pm Runs & Walks from 12 Massasoit Drive North Attleboro all year. Children & Adults**  
To maintain a good level of fitness and/or to prepare for meets look to the Thursday runs. Every Thursday 5pm  
Runs & Walks from 12 Massasoit Drive North Attleboro all year. Children & Adults

**Added practices: Tuesdays December 23 and January 6 at the Attleboro YMCA**  
**(4:30pm 1 or 2 mile run) (5:00pm Running, shot put, long jump) (6pm High jump)**

Events and meets coming up:

**January 1, 2009 Thursday: New Year Run/Walk.** Happy New Year! Celebrate by walking or running to Panera Bakery from 12 Massasoit Drive North Attleboro MA. Walkers leave at 7:45am Runners leave at 8:00am. We all meet at Panera at 8:30am Bring money for Breakfast. You will have the option of getting a ride back or walking back to start. No fee for Panera Walk/Run but you must sign up at Attleboro YMCA Welcome Center (New Years Walk) before December 29, 2008.

**Practice: January 6 at the Attleboro YMCA**  
**(4:30pm 1 or 2 mile run) (5:00pm Running, shot put, long jump) (6pm High jump)**

**January 9, 2009 Friday: Youth Indoor Track & Field Meet** Wheaton College Haas Athletic Facility  
23 East Main Street Norton MA 02766.

Field events from 5pm –5:45pm (shot put, long jump, high jump 3'6" starting height)

Running events start at 6:00pm.

Mile, 55, 400, 800, 200m, 4x200m relays

Age Groups: 8 & Under, (9-10), (11-12), (13-15)

Awards: Ribbons to top three in all age groups.

Fee: \$5 includes all events. Pay at event.

**January 14, 2009 Wednesday : Youth Indoor Track & Field Meet** Wheaton College Haas Athletic Facility. 23  
East Main Street Norton MA 02766. **Same format as January 9<sup>th</sup>.**

**January 20, 2009 Tuesday: Attleboro YMCA Indoor Games.** 6pm. Competition for ages 15 & under in Shot  
Put, High Jump, 60 meter Shuttle run race, and 4x40 meter relay races. 2 year age group awards, ribbons to top 3  
finishers. \$2 includes all events. Pay at event.

**February 3, 2008 Tuesday: Attleboro YMCA Indoor Games.** 6pm. Competition for ages 15 & under in Shot  
Put, High Jump, 60 meter Shuttle run race, and 4x40 meter relay races. 2 year age group awards, ribbons to top 3  
finishers. \$2 includes all events. Pay at event.

**February 17, 2008 Tuesday: Attleboro YMCA Indoor Games.** 6pm. Competition for ages 15 & under in Shot  
Put, High Jump, 60 meter Shuttle run race, and 4x40 meter relay races. 2 year age group awards, ribbons to top 3  
finishers. \$2 includes all events. Pay at event.

More track meets in February or March.

**April 18, 2009: Boston Marathon Relays!** Ten person teams each athlete runs 300 meters, train ride to  
Boston, lunch with Olympic athletes.

For more information contact: Ed Poirier [epattleboroymca@yahoo.com](mailto:epattleboroymca@yahoo.com) or 508-222-7422 ext. 124