



## **CHECKLIST FOR NOBOERS:**

- Online Registration by Fri. Aug. 30<sup>th</sup>**
- Goal Assessment in August**
- Good Form Running 1 Clinic in August**
- Kick-Off Party on Weds. Sept. 4<sup>th</sup> at 7:30pm at FF**
- 1<sup>st</sup> practice on Weds. Sept. 11<sup>th</sup> at 6pm at FF**
- Seminar on Sat. 9/14 at 8am at FF w/ practice to follow**
- Seminar on Sat. 9/21 at 8am at FF w/ practice to follow**
- Seminar on Sat. 9/28 at 8am at FF w/ practice to follow**
- Good Form Running 2 Clinics in October and November**
- Poster Party on Weds. 10/9 at 7:30pm**
- Mentors' Race on Sun. 10/19 – Ghoulish Gallop**
- Goal Race on Thurs. 11/28 – Berbee Derby**
- Graduation Ceremony on Sun. 12/1 at 5:30pm**