

Oceanside Kids Summer Running Program



Sponsored by Terra's Trails Running Clinic and El Camino High School Cross Country Team

Coach's Information: Terra Sarnacki is the El Camino High School Cross Country and Track coach. She has been running competitively in cross country and track since 1993 and coaching high school since 2001. Coach has participated in marathons, sprints, mid distance, and triathlons. Coach is a Division I University athlete, high school teacher, Mom, and USATF and PE certified.

Adult clinic: She manages a \$5 running clinic Sundays at 8:30-9:30am at Mance Buchanon Park for adults getting ready for local races like the Oceanside Turkey Trot, Carlsbad 5000, and the Vista 5k Strawberry Race.

Kids Clinic Information: Runners will have fun learning proper running form, drills, running terminology, interval workouts, fartlek workouts, core work, and circuit training. It is low intense training that teaches the basics about running in a fun way. Come meet school record holders and learn a sport for life. Kids clinic is open to ages 6-17.

When: June 17th-July 17th every Tuesday and Thursday

Where: MLK park soccer field 6:30-8pm- please check website for any changes to locations

How much: \$10 per session /Siblings are \$5

What to bring: Water bottle, running clothes, sneakers, and a post run snack

RSVP: on Terra's Trails Running Clinic website found on www.meetup.com/Terras-trails-running-clinic . Please check website for any changes to locations.

Sessions include: Warmup, drills, a running game, a short run focusing on form, proper stretching, post run core, and a short talk about a running tip. Runners will be placed into a group of their level with an El Camino High School runner.

Email Coach at Terrasarnacki@gmail.com with any questions.