

# Oceanside Kids Summer Running Program



Run by Terra's Trails Running Clinic

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

**When:** June 27<sup>th</sup>-August 1<sup>st</sup> every Tuesday and Thursday nights

**Where:** Martin Luther King park soccer field, 4300 Mesa Dr., Oceanside 6:30-7:30pm

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

**What to bring:** Water bottle, running clothes, and sneakers

**RSVP:** on Terra's Trails Running Clinic website found on [www.meetup.com/Terras-trails-running-clinic](http://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 a counselor.

**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.

Coach Roberto Suarez is the El Camino High School Assistant Cross Country and Track coach. He ran competitively at Oceanside High School and in college. He has been helping coach Terra's Trails Running Team and the kids running program for the past 6 years.

**Adult clinic:** Sundays at 8:30-9:30am at Mance Buchanon Park or Guajome Park for all levels getting ready for local 5k races like the Oceanside Turkey Trot, Carlsbad 5000, Vista 5k Strawberry Race, or San Diego Track Club's Dirt Dog Series. Each session is only \$5. See website information: [www.meetup.com/terras-trails-running-clinic](http://www.meetup.com/terras-trails-running-clinic)

Email Coach at [Terrasarnacki@gmail.com](mailto:Terrasarnacki@gmail.com) with any questions.