
MIDDLETOWN

Unified Track

Season Starts **March 1**

Practices:

Monday and Wednesday

March 4-May 6

2:30-3:30 on the MHS track

Online paperwork, physical and SOMD form due MARCH 11. ←

No activity fee.

Please remember to bring running shoes and a jacket or sweatshirt (it is usually colder/windy on the field) and WATER.

No previous running experience necessary.

