## CHICAGO FLYERS The Fastest Kirls in TOWN

## Summer Training June-July

Speed, Agility, Distance, Age-Appropriate Training Beginner to National Level Athletes, ages 9-15 Practices at Ty Warner Park and Fun Runs in Forest Preserves®

Cross Country Camp August & XC Team September-November

We train hard, **play hard** and run fast! Come Run with the Flyers!

www.chicagoflyers.org