CLEVELAND YOUTH

RUNNING CLUB

INDOOR TRACK & FIELD

2026–2027 TRAINING

TRAIN AT THE SPIRE ACADEMY

Another great opportunity at the SPIRE Academy for our 13th year! With the Indoor Track & Field season right around the corner, we are offering you the opportunity to train at one of the best Indoor Track & Field facilities in the world. Cleveland Youth Running Club and the SPIRE Institute are offering 14 training sessions at SPIRE each Monday evening from 6:30 PM to 8:30 PM for experienced runners in grades 5–8. The outdoor season will start at the beginning of March for all ages and experience levels.

WEEKLY PRACTICE SCHEDULE

TIME	ACTIVITY
6:15 PM – 6:30 PM	Arrive (Enter via Northeast Entrance Door C17)
6:30 PM – 6:45 PM	Warm-up
6:45 PM – 7:45 PM	Drills & Track Workout (Lane #5 assigned; No use of lanes 1 & 2 at any time)
7:45 PM – 8:30 PM	Cool-Down and Stretching
8:30 PM	Departure (Vacate facility promptly)

TRAINING DATES AT SPIRE INSTITUTE • 14 MONDAYS

2026 SESSIONS | 5 DATES

- Monday, November 30, 2026
- Monday, December 7, 2026
- Monday, December 14, 2026
- Monday, December 21, 2026
- Monday, December 28, 2026

2027 SESSIONS | 9 DATES

- Monday, January 4, 2027
- Monday, January 11, 2027
- Monday, January 18, 2027
- Monday, January 25, 2027
- Monday, February 1, 2027
- Monday, February 8, 2027
- Monday, February 15, 2027
- Monday, February 22, 2027
- Monday, March 1, 2027

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PROGRAM DETAILS

REGISTRATION / COMMUNICATION / FACILITY GUIDELINES

PARTICIPATION FEE & REGISTRATION CHECKLIST

14 TRAINING DAYS = $200 TOTAL PER ATHLETE

To finalize your registration, complete the following before your first practice:

- **Athlete Information Sheet & Waiver** – Completed via Google Form.
- **Participation Fee Payment** – Credit Card: Online at www.clevelandyouthrunningclub.com

TEAM COMMUNICATION

All program communication will go through the BAND App group: "CYRC – Indoor Track 2027". You will receive a text message invite upon registration.

SPIRE FACILITY RULES & GUIDELINES

- **Entrance & Parking:** Use the Northeast Entrance labeled Door C17 only. Park in the Red Lot. Enter track via North/South stairs (no climbing over railings).
- **Assigned Space:** Practice is held from 6:30 PM to 8:30 PM. Lanes 1 and 2 are strictly off-limits and roped off.
- **Equipment Rules:** SPIRE equipment is not provided; athletes/club must bring tape measures, bungees, etc. Use only gaffer's tape, cones, or dots for marking (NO chalk, sharpies, or unapproved tape). Restack and clear all equipment post-practice.
- **Food & Beverage Policy:** Water is the ONLY beverage allowed on the track or turf surface (no sports drinks, soda, coffee, gum, or food). SPIRE is a 100% tobacco/vape-free campus.

CONTACT INFORMATION

Coach Brad: (440) 867-8839 | coachbrad@clevelandyouthrunningclub.com

Coach Justin Thomas: (440) 858-5488 | coachjustin@clevelandyouthrunningclub.com

Website: www.clevelandyouthrunningclub.com

OUR MISSION & VISION

MISSION Cleveland Youth Running Club empowers our athletes to live a healthy lifestyle, to grow into leaders, and to foster a sense of community through competition and teamwork.

VISION To be Ohio's premiere youth running club while positively impacting our communities and each other.