



## Runner Attribute Development TRAINING & COMPETITION

*Be prepared for the 2019-2020 competition season  
while training with friends in the Southeastern Idaho region.*

RAD training develops the Neuromuscular, Physiological and Psychological attributes that support ambitious goals in the sports of cross country and track and field. We meet two times per week as well as offer runner-training and competition opportunities throughout the Summer and Winter months. Our training consists of strength & stamina-building and Neuromuscular Runner-skill & speed development. We train on mountainous trails, on grass and on track surfaces.



RAD FRIDAY runners



CTM High Altitude Running Camp

### Fast Tuesdays

4-Jun	6pm	*HHS
11-Jun	6pm	HHS
18-Jun	6pm	HHS
25-Jun	6pm	HHS
2-Jul	6pm	HHS
9-Jul	6pm	HHS
16-Jul	6pm	HHS
23-Jul	`	**CTM
30-Jul	6pm	HHS
6-Aug	6pm	HHS

### RAD Fridays

7-Jun	8:30am	West Fork Mink Creek
14-Jun	8:30am	Pebble Mountain Run
21-Jun	8:30am	Wellness Complex
28-Jun	8:30am	Scout Mountain #1
5-Jul	8:30am	Sterling-Justus
12-Jul	8:30am	Saptree Trail
19-Jul	8:30am	Scout Mountain #2
26-Jul	`	**CTM Camp
2-Aug	8:30am	Table Mountain

RAD Fridays meet at 8:30 AM at Ross Park to shuttle to designated trailheads in our region. Fast Tuesdays meet 6:00 PM at Highland High School. For more information, visit [www.nwglory.com](http://www.nwglory.com) or contact Todd Nunan ph (530) 277-5653 and get on our message list for information on details about upcoming events.

**New Western Glory is a USATF Club within the Snake River Association**