

Fitness University is Back !!!

Fitness University is shaping up to be outstanding this year. Running Clinics are being held throughout the summer months, with "Graduation Day" scheduled for Sunday, July 21. Finals day is the showcase for all the hard work each child has put forth during these clinics. This year Finals Day will be held in Nashua at the track and Athletic field of Pennichuck Junior High School. The Registration tent will be open from 9:00am -9:30am. Opening Ceremonies will be commencing at 9:45am. REGINA JACOBS is this year's Dean of Fitness. Already established as the "Queen of the Middle Distance", in 2001 Regina Jacobs became just the third women ever to win the 800M, and the 1500m at the US Outdoor Championships. She added a second place in the 5K for good measure, and was named as Xerox Female Athlete of the Meet for her performance. In 2002, Jacobs added world best marks at both 2 miles, and 3 miles indoors. She capped off her indoor season with her 3rd U.S. Indoor Mile title in New York City, which became her final indoor Championship Meet of her career. Regina plans to keep moving forward in continuing her competitive track career throughout 2003. Jacobs was among the most dominant performers at the 2000 Olympic trials in Sydney, winning the 1500 meters and doubling back to win the 5000 meters in a time that took more 7 seconds off her own American Record. After choosing to compete in the 1500m at the Olympics, Jacobs fell ill, which forced her to make the decision not to compete.



This year, we have more Clinics scheduled and we will need the support of club members to assist with the kids. Please try to help out one in your area. Each Clinic starts @ 6:00 PM, and lasts for approximately 90 minutes.

Clinic #	Day	Date	Location
1	Tuesday	June 4	Campbell High School, Litchfield NH
2	Tuesday	June 4	Pennichuck Jr. High School, Nashua NH
3	Tuesday	June 11	Merrimack High School, Merrimack NH
4	Tuesday	June 11	Pennichuck Jr. High School, Nashua NH
5	Tuesday	June 18	Nelson Road Field, Londonderry NH
6	Tuesday	June 18	Alvirne High School, Hudson NH
7	Thursday	June 20	Dracut High School, Dracut MA
8	Tuesday	June 25	Soughegan Cooperative, Amherst NH
9	Tuesday	July 9	Pennichuck Jr. High School, Nashua NH
10	Tuesday	July 9	Nichols Field, Hollis NH
11	Tuesday	July 16	Keyes Field, Milford NH