



# P.A. L. TRACK CLUB

Tuesday Nights March 21st – May 2nd 6:00pm to 7:00pm

Ages 6-14 yrs old Flagler Palm Coast High School Track

Register online at [www.flaglersheriffspal.org](http://www.flaglersheriffspal.org)

Fee \$ 65.00

Any questions please call 386-586-2655

Coach Dawn Lisenby is a Certified Coach that works locally in our community. She is a Certified Newton Level 1 and 2 Running Coach, Certified Lydiard II Running Coach, ACSM-CPT, SIYI 1000hr Yoga Instructor. Check her out at [www.RunNaturalCoach.com](http://www.RunNaturalCoach.com).

Flagler Sherriff's P.A.L.  
901 East Moody Bunnell, Florida 32110  
386-586-2655 [www.flaglersheriffspal.org](http://www.flaglersheriffspal.org)



"Flagler County Schools do not specifically endorse or support the program or individuals involved in Middle School Track Program. This program is sponsored by the Flagler Sheriff's Police Athletic/Activities League"