

ATTENTION ALL FAC SPRINTERS

I've been approached by several of you about putting together relay teams for various competitions. The problem with doing that is we haven't had enough athletes in an age group, or the older or younger age group, to put together a relay team.

At the December State Senior Games I'd like to try once more to get some teams together, even if it means running an athlete in a younger age group. Your HELP is requested in this effort. If you are interested please get in touch with other FAC athletes you know and get them to join us on December 13th.

Sign up for relays is done the day of the competition, by 12:15PM. The only relay offered is the 4X100M. No co-ed relays allowed. I will make up some relay forms and have them at the meet for you to fill out.

If you have never run a relay before I think you will find it very enjoyable.

Any questions or helpful suggestions can be sent to me by email

LNBonck@AOL.com or call 407-321-8854.

Hope to see you at the State Senior Games!

Lionel Bonck