

Hello All Bruin Track & Field Staff, Athletes, Families, and Fans,

Tonight is our Ponderosa T&F Spike Night @ Gold Country Run and Sport in EDH Town Center! 6-8pm the store will be open to us, this is not an event where you need to be present for the whole 2hours, please feel free to come and go as needed during the evening. This event is not mandatory but your only chance to get set for the season with equipment experts, pizza, drinks and 20% off regular priced items! If you plan to attend and have not yet done your RSVP please do so using the link below:

<https://docs.google.com/forms/d/e/1FAIpQLSc5PpAl4Fad9odU3lGWogYfl1gloyzFlzG2sO7YDekJ5WY1qg/viewform?usp=header>

I along with some of our PHS T&F Coaching Staff will be present tonight to answer questions along with the Gold Country Run & Sport Staff. We are looking forward to seeing everyone tonight!

Working hard to get better...GO BRUINS!

:) Coach Karen Norwood

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