



DUBUQUE

WINTER TRACK CLUB 2026

Join **FASST TRACK CLUB** for winter training and development in track & field.

Who can join?

FASST Track Club is open to all school-age individuals and teams.

- 🏃 Youth Track Club – Grades K-5
- 🏃 Middle School Track Club – Grades 6-8
- 🏃 High School Track Club – Grades 9-12

What do you get?

- 🏃 4 FASST training sessions (specialized event coaching based on age group)
- 🏃 Entry into our USATF sanctioned meet: February 21
- 🏃 FASST Track Club t-shirt

When do we start, train, and compete?

- 🏃 Sunday, January 25 – Intro meeting, registration, and practice at University of Dubuque
 - YOUTH – 5pm-6pm
 - Middle & High School – 6pm-7:30pm
- 🏃 Practices on Sundays February 1, *8, 15 same times as above.
 - *Feb 8 practices will be YOUTH – 9am-10am and MS/HS 10am-11:30am due to Super Bowl
- 🏃 FASST QC CLASSIC MEET – Saturday, January 10 at Augustana College – 10am – 3pm (approx.)
- 🏃 FASST DBQ CLASSIC MEET – Saturday, February 21 at UD – 10am – 3pm (approx.)

Where do we meet?

- 🏃 University of Dubuque – A.Y. McDonald Indoor Track (150 McCormick St Ext, Dubuque, IA)

What is the cost to join?

- 🏃 Youth Track Club (elementary school age/grades K-5) – \$100
- 🏃 Middle School Track Club (middle school age/grades 6-8) – \$125
- 🏃 High School Track Club (grades 9-12) – \$125
- *all club levels include t-shirt, 4 training sessions, and entry fee for FASST Classic Meet

REGISTER ONLINE – <https://runsignup.com/club/IA/Dubuque/FASSTTrack>

Register by Thursday, January 1 to guarantee shirt size. Late fee of \$10 applies for day-of or late registration. NO REFUNDS WILL BE GIVEN FOR ANY REASON AT ANY TIME. NO EXCEPTIONS.

FASST LLC maintains general liability insurance and is a USATF member club.

Each participant must have a signed waiver/release on file before participating in practice or meets.

FASST Track Club will always have staff/coaches on hand who are certified in First Aid/CPR/AED.

We look forward to growing with you!

Email us at thefassttrack@gmail.com



Facebook | <https://www.facebook.com/TheFASSTtrack>

Twitter | [@TheFASSTtrack](https://twitter.com/TheFASSTtrack)

Instagram | [@thefassttrack](https://www.instagram.com/thefassttrack)

NOTICE: Distribution of this flyer does not constitute an endorsement by the Dubuque Community School District. Any production or printing cost for these flyers was paid for by the sponsoring organization.

Train  **FASST**. Be Faster.