

Eligibility Purpose

To develop character through athletic training in a godly environment

To teach basic athletic training principles that will enable young runners to look forward to a lifetime of running and racing

To encourage racing to the limit of all physical and mental resources, while competing fairly and maintaining admirable deportment.

To communicate scriptural truth applicable to competitive life, earthly life, and eternal life

2026 costs

Uniform: \$15 singlet + \$10 shorts (returning athletes can re-use)

High School Indoor Meets: Pay individually, \$15 per meet January and February indoor workouts free for anyone interested: HS, MS, Alumni, Etc.

Outdoor season fee: 1 athlete = \$70 2 athletes, same family = \$120 3 athletes, same family = \$155 4 athletes, same family = \$180

Questions?

Please attend a workout: Sat. 24 Jan., Sat., 21 Feb., or Tues., 10 March 2026 - times and location on calendar below.

Or please call Kevin Siek:

email(athletes cc your parents): ksiek96@gmail.com

phone (for parents only, please): 269-985-3500

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 17	19 Jan. 2026	20 Jan. 2026	21 Jan. 2026	22 Jan. 2026	23 Jan. 2026	24 Jan. 2026
Saturday Morning indoor workouts start Week 17 - free, fun, and fatiguing for anyone: HS, MS, alumni, friends, enemies you want to watch suffer, etc. *Please bring clean running shoes and change into them inside the lobby. Workout 7am sharp - 8am with info session and signups 8 - 8:30am in the lobby						*Workout 7:00-8:30 AM South Shore Racquet Club 3630 Tennis Court Saint Joseph MI 49085
WEEK 16	26 Jan. 2026	27 Jan. 2026	28 Jan. 2026	29 Jan. 2026	30 Jan. 2026	31 Jan. 2026
WEEK 15	02 Feb. 2026	03 Feb. 2026	04 Feb. 2026	05 Feb. 2026	06 Feb. 2026	07 Feb. 2026
						Workout TBD
WEEK 14	09 Feb. 2026	10 Feb. 2026	11 Feb. 2026	12 Feb. 2026	13 Feb. 2026	14 Feb. 2026
						Aquinas College (GR): 10am: LJ, HJ, SP, PV 11am: DMR, 1600, 60H 400, 60, 800, 4x4
WEEK 13	16 Feb. 2026	17 Feb. 2026	18 Feb. 2026	19 Feb. 2026	20 Feb. 2026	21 Feb. 2026
**Please bring clean running shoes and change into them inside the lobby. Workout 7am sharp - 8am with info session and signups 8 - 8:30am in the lobby						**Workout 7:00-8:30 AM South Shore Racquet Club 3630 Tennis Court Saint Joseph MI 49085
WEEK 12	23 Feb. 2026	24 Feb. 2026	25 Feb. 2026	26 Feb. 2026	27 Feb. 2026	28 Feb. 2026
					MITS Indoor State Meet at Aquinas College Schedule TBA	
WEEK 11	02 March 2026	03 March 2026	04 March 2026	05 March 2026	06 March 2026	07 March 2026
(Week 11 is break between indoor and outdoor season.) Spring workouts start Week 10 on Tuesday Evenings and Saturday Mornings:						

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
WEEK 10	09 March 2026	10 March 2026 ***Team Workout 7:00 PM - 8:30 PM South Shore Racquet Club 3630 Tennis Ct., 49085	11 March 2026 ***Please change into clean shoes in the lobby. Warmup and info session + signups from 7 PM to 7:30 PM in the lobby.	12 March 2026	13 March 2026	14 March 2026 Workout 9 AM - 10 AM Lakeshore HS Track 6075 Cleveland Av 49127
WEEK 9	16 March 2026	17 March 2026 ****Team Workout 7:00 PM - 8:30 PM South Shore Racquet Club 3630 Tennis Ct., 49085	18 March 2026 ****Please change into clean shoes in the lobby. Warmup and last info session + signups from 7 PM to 7:30 PM in the lobby.	19 March 2026	20 March 2026	21 March 2026 Workout 9 AM - 10 AM Lakeshore HS Track 6075 Cleveland Av 49127
WEEK 8	23 March 2026	24 March 2026 Team Workout 7:00 PM - 8:30 PM South Shore Racquet Club 3630 Tennis Ct., 49085	25 March 2026	26 March 2026	27 March 2026	28 March 2026 Workout 9 AM - 10 AM Lakeshore HS Track 6075 Cleveland Av 49127
WEEK 7	30 March 2026	31 March 2026	01 April 2026	02 April 2026	03 April 2026	04 April 2026
No team workouts during Holy Week; run on your own; workouts will be assigned						
WEEK 6	06 April 2026	07 April 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track 6075 Cleveland Avenue Stevensville MI 49127	08 April 2026	09 April 2026	10 April 2026	11 April 2026 HS: Paw Paw Lions Invite Field 9:00a Track 10a 119 Paw Paw Rd Paw Paw, MI 49079
WEEK 5	13 April 2026	14 April 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track 6075 Cleveland Ave., Stevensville MI 49127	15 April 2026	16 April 2026	17 April 2026 HS meet or workout	18 April 2026
WEEK 4	20 April 2026	21 April 2026 Team Workout 6:00 PM - 7:30 PM TBD	22 April 2026	23 April 2026	24 April 2026	25 April 2026 HS: GR Elite Ch. Relays Track 8:40a Field 9:00a 150 Houseman, 49503
WEEK 3	27 April 2026	28 April 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track 6075 Cleveland Avenue Stevensville MI 49127	29 April 2026	30 April 2026	01 May 2026 HS: Saint Joseph Rotary Field Track Saint Joseph MI 49085	02 May 2026 HS: W. Ottawa VonIns Field 9:30a Track 10a (alternate meet)
WEEK 2	04 May 2026	05 May 2026 Team Workout 6:00 PM - 7:30 PM Lakeshore HS Track Stevensville MI 49127	06 May 2026	07 May 2026	08 May 2026 HS meet or workout	09 May 2026 HS meet or workout
WEEK 1	11 May 2026	12 May 2026 HS: vs Kzoo Cougars at Kzoo Christian Field 4:00p Track 4:30p 2121 Stadium Drive Kalamazoo MI 49008	13 May 2026	14 May 2026	15 May 2026 HS meet or workout	16 May 2026 HS meet or workout
WEEK 0 Outdoor PEAK!!!	18 May 2026 HS: Squire JV Invite Field 3:30p Track 4:30p Davies Field 3535 Wilson Av SW, Grandville MI 49418	19 May 2026 OFF - No Workouts	20 May 2026	21 May 2026	22 May 2026 HS meet or workout	23 May 2026 Distance Night - Houseman Track 4:00p (16,8,32) 150 Houseman Avenue Grand Rapids MI 49503