

There are many reasons why becoming a member is satisfying.

I would say camaraderie is number one. As you see in the photo, we always have a good time.



This picture was taken at the 2024 USATF National Championships in Sacramento.

Our team won The Women's Team Champion category. We have some true superstars, running jumping and throwing with us.

When we go to meets, we have the coolest uniforms :) and provide each other with uplifting support.

We also meet up for dinner after track meets and talk team talk.

At the end of the year, we have an annual banquet where awards are given out, we enjoy a delicious meal and have a wonderful time.

I hope you decide to be a part of our team.

**Fun times.**