



Track & Field



No matter what your sport, Break Away Track Club can assist you with preparing for your upcoming activities.

**YOUR TALENTS CAN TAKE YOU
WHEREVER YOU DESIRE !!!**

Cross Country/Distance



Don DeNoon, our head coach, was a highly successful collegiate coach for 23 years and a previous world record holder. His athletes have ranged from beginners to world champions and also world record holders.

Practices are held on Monday thru Thursday from 4:30 – 6:00 PM. Youth age groups run from 8 – 18.

Sport Conditioning



If you are a kid that loves to run, race walk, jump or would like to get in shape for any sport, our program will aid in the development of stamina that can help you compete at your highest level.

Track/Conditioning: January thru July
Cross Country/Conditioning:
August thru December

Call 352-217-3966 to talk to
Coach DeNoon.



breakawaytrack.com