



## JOIN THE RUNFIT KIDZ TEAM!

The Wakefield Forest PTA is proud to bring back RunFit Kidz this spring. RunFit Kidz is unlike any other running program as our professional coaches understand the unique needs of young runners. We believe an early foundation of fitness will lead to a lifetime of healthy habits.

Registration Opens Friday, February 14<sup>th</sup>!

### Class will be offered:




Tuesdays after-school from 3:30PM – 4:45PM starting March 17<sup>th</sup> – May 5<sup>th</sup>  
*No class during spring break. Coach will communicate class specifics prior to the start.*

### Details:

- Grades 2<sup>nd</sup> – 6<sup>th</sup> (Have an interested 1<sup>st</sup> grader? email [corky@runfitkidz.com](mailto:corky@runfitkidz.com))  
Certified Professional Coaching provided
- Instruction on running mechanics, strength training, nutrition, pacing and goal setting
- Participants build self-esteem, confidence and determination
  - Celebration 5K: Sunday, May 10<sup>th</sup> at Fairfax Corner!!!

**Registration Fee:** \$93 per participant (*this includes the 5K*)

**Registration Includes:** 7-weeks of professional coaching, Tshirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal and Post-Run Party.

For updates follow us on    @Runfitkidz

**Don't Delay – Register on Feb. 14<sup>th</sup> at [www.runfitkidz.com](http://www.runfitkidz.com)**

Questions? Email Corky Sturtevant, RunFit Kidz Founder/Coach at [corky@runfitkidz.com](mailto:corky@runfitkidz.com)  
"These materials are neither sponsored nor endorsed by Fairfax County Public Schools."



## JOIN THE RUNFIT KIDZ TEAM!

The Wakefield Forest PTA is proud to bring back RunFit Kidz this spring. RunFit Kidz is unlike any other running program as our professional coaches understand the unique needs of young runners. We believe an early foundation of fitness will lead to a lifetime of healthy habits.

Registration Opens Friday, February 14<sup>th</sup>!

### Class will be offered:




Tuesdays after-school from 3:30PM – 4:45PM starting March 17<sup>th</sup> – May 5<sup>th</sup>  
*No class during spring break. Coach will communicate class specifics prior to the start.*

### Details:

- Grades 2<sup>nd</sup> – 6<sup>th</sup> (Have an interested 1<sup>st</sup> grader? email [corky@runfitkidz.com](mailto:corky@runfitkidz.com))
  - Certified Professional Coaching provided
- Instruction on running mechanics, strength training, nutrition, pacing and goal setting
- Participants build self-esteem, confidence and determination
  - Celebration 5K: Sunday, May 10<sup>th</sup> at Fairfax Corner!!!

**Registration Fee:** \$93 per participant (*this includes the 5K*)

**Registration Includes:** 7-weeks of professional coaching, Tshirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal and Post-Run Party.

For updates follow us on    @Runfitkidz

**Don't Delay - Register on Feb. 14<sup>th</sup> at [www.runfitkidz.com](http://www.runfitkidz.com)**

Questions? Email Corky Sturtevant, RunFit Kidz Founder/Coach at [corky@runfitkidz.com](mailto:corky@runfitkidz.com)  
"These materials are neither sponsored nor endorsed by Fairfax County Public Schools."