



JOIN THE RUNFIT KIDZ TEAM!

The Wakefield Forest PTA is proud to bring back RunFit Kidz this fall. 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 August 23rd at 8:00AM

Class will be offered:




Tuesdays after-school from 3:30PM – 4:45PM starting Sept. 24th – Nov 12th
No class Nov. 5th. Coach will communicate class specifics prior to the start.

Details:

- Grades 2nd – 6th (Have an interested 1st grader? email 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: Saturday, November 16 at Edison High School

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 Aug. 23rd at www.runfitkidz.com

PARENTS – We offer a separate 8-week session for parents who want to train and be ready for the 5K – check out the website and click “parents train to run 5K” for details and to register.



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