



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 24th.

Class will be offered:

Tuesday's after-school from 3:30PM – 4:45PM starting Sept. 25th – Nov. 13th

Coach will communicate class specifics prior to the first class.

Details:

- Grades 2nd – 6th (note: if you have an interested 1st grader please contact us)
 - 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, Nov 17th - The Workhouse, Lorton, VA

Registration Fee: \$95 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.

Don't Delay Register on Aug. 24th at www.runfitkidz.com

Questions? Email Corky Sturtevant, RunFit Kidz Founder/Coach at corky@runfitkidz.com



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 24th.

Class will be offered:

Tuesday's after-school from 3:30PM – 4:45PM starting Sept. 25th – Nov. 13th

Coach will communicate class specifics prior to the first class.

Details:

- Grades 2nd – 6th (note: if you have an interested 1st grader please contact us)
 - 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, Nov 17th - The Workhouse, Lorton, VA

Registration Fee: \$95 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.

Don't Delay Register on Aug. 24th at www.runfitkidz.com

Questions? Email Corky Sturtevant, RunFit Kidz Founder/Coach at corky@runfitkidz.com