

Fall Training - After school Running

JR CRAZY RUNNING; KIDS GRADE K-2! We focus on getting kids moving and making exercise fun! Runners will be introduced to simple strength exercises, fundamental running techniques, and play games that provide a kid-friendly cardio workout! Cost of the program includes a t-shirt, training & entry into Reindeer Romp.

KIDS GRADE 3-5! These young runners will be challenged based on their ability; this program is appropriate for the beginning runner or a young athlete who has finished lots of races! The 8 weeks of training teach the qualities of “what it takes” to be a good runner and athlete: goals and determination, endurance, strength, speed, flexibility, & good nutrition. Cost of the program includes a t-shirt, training & entry into Reindeer Romp.

WHEN: September 25th – November 13th
Tuesday 2:30-3:30

WHO: JR Crazy Runners (grades k-2)
Crazy Runners (grades 3-5)

WHERE: Stokesdale Elementary

COST: \$105

RACE: Reindeer Romp
Saturday December 8th
(entry fee included in registration)



More info or Register @ WWW.CRAZYRUNNING.COM