



JOIN THE RUNFIT KIDZ TEAM!

The Ravensworth 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 February 15th at 8:00AM

Class will be offered:

Tuesday's after-school from 3:30PM – 4:45PM starting March 19th – May 14th




No class during spring break. 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, May 18th at TBD

Registration Fee: \$95 per participant (*this includes the 5K*)

Registration Includes: 8-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. 15th 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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