



JOIN THE RUNFIT KIDZ TEAM!

The Nativity PTO 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 Friday, August 24th at 8:00AM

Class will be offered:

Thursday's after-school from 3:15PM – 4:30PM starting September 27th

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 – Lorton Workhouse

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.

REGISTRATION IS OPENS AUG 24th - GO TO WWW.RUNFITKIDZ.COM

NOTE: RunFit Kidz volunteer hours are approved for the required Nativity hours.

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



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