



## 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 is Open!**

**Class will be offered:**




Thursday's after-school from 3:15PM – 4:30PM starting Sept. 26<sup>th</sup> – Nov 14<sup>th</sup>  
*Class specifics will be sent prior to the first class.*

**Details:**

- Grades 2<sup>nd</sup> – 6<sup>th</sup> (note: if you have an interested 1<sup>st</sup> 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. 16<sup>th</sup> at Edison High School

**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 5K Party.

For updates follow us on    @Runfitkidz

**Don't Delay Register Today at [www.runfitkidz.com](http://www.runfitkidz.com)**

Questions? Email Corky Sturtevant, RunFit Kidz Founder/Coach at [corky@runfitkidz.com](mailto:corky@runfitkidz.com)

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



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