



## JOIN THE RUNFIT KIDZ TEAM!

The **Bonnie Brae 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 August 18<sup>th</sup> at 8:00 AM**

### Class will be offered:

Tuesday AFTER-School: 3:30 – 4:45 PM starting Sept. 26<sup>th</sup> – Nov. 14<sup>th</sup>




*Note: No class on Tues. 11/7 Election Day – this class will be virtual*

- Grades 1<sup>st</sup> – 6<sup>th</sup>
- Certified Professional Coaching provided.
- Instruction on running mechanics, strength training, nutrition, pacing, and goal setting
- Participants build self-esteem, confidence, and determination
  - Celebration 5K: Sunday, Nov. 19<sup>th</sup> at Fairfax Corner

**Registration Fee:** \$115 per participant (*this includes the 5K*).

*Note: processing fees and payment options can be found on the website.*

**Registration Includes** Professional coaching, T-shirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal and Post-Run Party.

For updates follow us on    @Runfitkidz

**Don't Delay - Register on Aug. 18<sup>th</sup> at [www.runfitkidz.com](http://www.runfitkidz.com)**



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