



JOIN THE RUNFIT KIDZ TEAM!

Mary F. Williams Elementary School is proud to offer 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. For more information about our program please visit

www.runfitkidz.com

Registration opens Friday, August 24th at 8:00AM.

Class will be offered:

Tuesday's after-school from 4:00 – 5:15PM: Sept. 25th – Nov. 13th

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 - The Workhouse, Lorton, VA
 - **Registration Fee:** \$93 per participant (*this includes the 5K*)

Registration Includes: 7-weeks of professional coaching, Tshirt, Mileage Tokens, Entry into the Celebration 5K, Finishers Medal and Post-Run Party.

Class size is limited - Register on Aug. 24th at
www.runfitkidz.com

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



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