



JOIN THE RUNFIT KIDZ TEAM!

The Sunrise Valley PTA is proud to offer RunFit Kidz this fall. RunFit Kidz will be offered **BEFORE SCHOOL** on Thursdays. 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 Sept. 3rd for PTA Members

Registration Opens Sept. 10th for Non-PTA Members

Registration will remain open until Sept. 19th for all interested.

Class will be offered:




Thursdays before-school from 8:15 – 9:10AM starting Sept. 26th – Nov 14th

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, November 16 at Edison High School

Registration Fee: \$100 for PTA Members/\$110 for Non-PTA Members (*this includes the 5K and Onsite Manager*)

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

These materials are neither sponsored nor endorsed by the Fairfax County Public School Board, The Superintendent, or this school.

For Information go to www.runfitkidz.com



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