iRun4Life is a fun, noncompetitive running program for boys and girls designed to promote fitness and healthy lifestyles. iRun4Life focuses on exercise, healthy nutrition, and doing good deeds. Training will start **Wednesday, April 13 2016** with our goal races being the **iRun4Life Kids Only 3K (Sunday, May 15) and the Gayman 5K race (Saturday, June 4)**. We will combine dynamic warm ups, relay races, and endurance running.

Key features of the iRun4Life program include:

- *MILES RUN*– Each runner can record their mileage on the iRun4Life.com database. Simply go into the website, click on the banner "Login," complete the student login, and input the number of miles you ran each day.
- *GOOD DEEDS* - Good deeds include extra help around the house, helping friends and teachers at school, helping in your community, etc. Each runner can input their Good Deeds in the database after they input their miles run.
- *GOAL RACE* – Our goal race is the **iRun4Life Kids Only 3K on Sunday, May 15 and the Gayman 5K race (Saturday, June 4).** *Goal races are optional.
- *RUNNING WITH YOUR PARENTS* – Each child can record double mileage if they run with a parent or guardian.

iRun4Life is open to kindergarten through sixth grade. We will practice on Wednesdays after school until 4:30pm from April 13 through June 1. We will run rain or shine! There is a **$15** fee per child to cover the cost of t-shirts, incentives and healthy snacks.

Please register your children online. This registration includes the waiver, as well as all student information. It's very easy to sign up online. Please go to www.iRun4Life.com to complete the registration process (instructions are posted online), and send the **$15** fee per child (cash or check) made out to **(Gayman Elementary HSA)**. Please send your fee to your child's homeroom teacher or office no later than Friday, April 1. After that date, registration will be closed.

We are also looking for parent volunteers to help with handing out snacks, traffic guards and team captains. You do not need to be a runner to be a volunteer! If interested, please indicate you want to be a volunteer on your on-line registration form. All volunteers must have clearances on file with CBSD.