



Save the Date

Registration for **iRun 2023** session opens on
February 16th

iRun4Life is an afterschool, noncompetitive running program that focuses on building strength and confidence, eating healthy, and doing good deeds. **The program is open to students in 1st through 6th grades. Due to previous years' limited number of volunteers, we will be capping the number of participants at 125 students this year. Registration is on a FIRST COME, FIRST SERVE basis.**

Training will start **Wednesday, March 29th** and end on **Wednesday, May 17th**. Students participating in the program will be dismissed to the Jamison gym at the end of the school day. We will practice on Wednesdays until 4:30 PM. We will meet rain or shine!

Students will be given instructions on how to create their own online account to keep track of their miles and good deeds. They will earn the opportunity to win a prize in our weekly drawing if they meet their goals. Team coaches will help them monitor their progress.

Our training will lead up to the **Annual iRun4Life Kids Only 3K which will be held on Sunday, May 21st** at Central Park in Doylestown. Participation in the race is strictly voluntary. Please note that **registration** for the race is **separate**, and there is an **additional fee**. Details will be made available after the start of the program.

The portal at www.iRun4Life.com will open on **Feb 16th** to register. Please click on the orange "Parents" button and fill out all necessary information. It's that simple! There is a \$30 registration fee (per child; 3rd child FREE) to defray the cost of t-shirts, supplies, incentives, snacks, etc. **You must register online before sending in payment to ensure availability in the program.** When you register you will be asked your child's t-shirt size. Please note that t-shirts run small, and we recommend sizing up. Once registered online, please send your fee to your child's teacher no later than **Friday, February 24th** in an envelope marked "iRun4Life". **Please include your child's name, teacher, and grade on the envelope. Please make checks payable to: Jamison HSA.** Once we meet our maximum number of registrants, online registration will close...so, **register asap after registration opens on February 16th!**

Volunteers are a vital part of our iRun4Life program! We could not run this program without them; they ensure the proper supervision and safety necessary for such a large group of students. Be on the lookout for a signup genius to follow! Any questions, please email Jessica Philp at jamison@irun4life.com