



iRun4Life is a fun, noncompetitive after school running program designed to get kids exercising and eating healthy. iRun4Life focuses on exercise, healthy nutrition, and doing good deeds in our community. Training will start **Thursday, March 19, 2020** with our goal race being the **iRun4Life Kids Only 3K!** We will train for 1 hour after school in teams of 10-15 students and will learn proper running form and pacing. We will also do warm up & cool down exercises, relay races, endurance running and talks about healthy nutrition.

Training will lead up to the **Annual iRun4Life Kids Only 3K which will be held on Sunday, May 17th** 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.

Key features of the iRun4Life program include:

- **RUNNING** - Each runner can log the miles they run on the www.iRun4Life website by clicking on the red '**Kids log your miles and Deeds**' link. Enter your username and password and input the miles you ran each week. Your goal is to run 26 miles by the end of training. A runner can record double miles if they run with a parent or guardian on the weekends.
- **GOOD DEEDS** - Each runner is encouraged to complete 26 Good Deeds by the end of training. Good deeds include extra help around the house, helping friends and teachers at school, helping in your community, etc. Each student can input their good deeds by date on the www.iRun4Life.com website in the red '**Kids log your miles and Deeds**' link.
- **GOAL RACE** - Our goal race is the **iRun4Life Kids Only 3K on May 17**

iRun4Life is open to kindergarten through sixth graders. We will **practice at Linden on Thursdays, from 4-5pm**, meeting in the gym from March 19 through May 21 (no practice April 2 & 9). We will run rain or shine! There is a **\$14** fee per child to help defray the cost of t-shirts, incentives and healthy snacks.

Please register your child for Linden iRun4Life running program by going to www.iRun4Life.com and clicking on the orange '**Parents - Start here to register your kids & login**' link. It's that simple! **You must register online before sending in payment.** Once registered, please send the **\$14** fee per child (cash or check) made out to **LHSA** and have your child hand in payment to their homeroom teacher or office no later than **March 2nd**. **REGISTRATION WILL CLOSE ON MONDAY, MARCH 2ND.** **After Monday, March 2, you will no longer be able to register.**

We are also looking for parent volunteers to be coaches, help with handing out snacks, traffic guards and extra runners for the teams. You do not need to be a runner to be a volunteer! If interested or have any questions, please email Kathy Bareuther at kbareuther@verizon.net.

Happy Running, Coach Kathy