



iRun4Life is a fun, noncompetitive running program for boys and girls designed to promote fitness and healthy lifestyles with your children. iRun4Life focuses on exercise, healthy nutrition, and doing good deeds in our community. Training will start **Tuesday, March 10, 2020** with our goal race being the **iRun4Life Kids Only 3K on Sunday, May 17, 2020 at Doylestown Central Park**. Our running program will combine dynamic warm ups, relay races, **games (more this year!)**, endurance running and discussions about healthy nutrition.

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 red Kids banner "Log Your Miles & Deeds," 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 17**.
- **RUNNING WITH YOUR PARENTS** - Each child can record double mileage if they run with a parent or guardian.

iRun4Life is open to **1st through 6th** graders. We will practice on **Tuesday** after school from **March 10 through May 12**. We will run and play rain or shine! There is a **\$25 fee per child** to help defray the cost of t-shirts, incentives, healthy snacks, and iRun4Life fee.

#### **TWO STEPS TO REGISTER:**

Please register your children for the iRun4Life running program online at [www.iRun4Life.com](http://www.iRun4Life.com) . Parents must first login to the Orange button "Start here to register your kids & login." This registration includes the waiver, as well as all student & parent information. You will create a password for your children's login as well. Payment can be made online via **My Payments Plus**. <https://www2.mypaymentsplus.com/welcome> Please register no later than **Thursday, FEBRUARY 13!!!**

In order for this program to be a success, we rely on our volunteers. We need coaches, course monitors, relay/game coordinators, snack distributors, a boo-boo nurse, a warm-up leader, and a gym monitor to keep our kids safe and having fun! If you are willing to volunteer, please indicate when you register. In addition, please sign up on the attached <https://www.signupgenius.com/go/5080544ADA828A7FA7-irun4life> Please know that NONE of the volunteer positions, including coach, require you to run. Running is at the volunteer's discretion. Please email us with any questions at [kutz@irun4life.com](mailto:kutz@irun4life.com) .

Thanks for your support!

*Sal Lentini and Jaime Koller*