

# Kidzrunning

2009

THE FIRST STEP IN A LIFETIME OF FITNESS RUNNING

## SAFE, FUN, CONFIDENCE-BUILDING

Program runs from June 1 to July 31

Ages 6-12 and all fitness and skill levels are welcome

1.5 hr sessions, twice a week

Paid coaches

This program is intended as an introduction to running. There is no mandatory attendance or competition.

Kidzrunning is a program run in conjunction with USATF and Anchorage Running club. For more information visit them online.



For more info in the Kidzrunning program email Todd at [kidzrunning@skinnyraven.com](mailto:kidzrunning@skinnyraven.com).

## Team Practice Sites

(Times added as needed, we will take the week of July 4th off)

- ① **Lyn Ary Park | Tuesday & Thursday @ 10am**  
Turnagain Area. Upper fields at Foraker Drive and Iliamna Ave.
- ② **APU | Monday & Wednesday @ 10am**  
The field behind APU/University Lake
- ③ **APU - advanced | Monday & Wednesday @ 10am**  
For ages 11-14 More specific running prep for fall x-c season, and Tuesday Night Race series
- ④ **Eagle River | Monday & Wednesday @ 10am**  
Coaches needed. Location To Be Announced
- ⑤ **Kincaid Park | Monday & Wednesday @ 10am**  
Jodphur Loop parking lot.

**We will cover: The Basics | Form Drills | Various superfun games | at least one short run**

Skinny Raven is offering 20% off running shoes to any kidzrunning participant. Good shoes are a good thing.

**Registration (one form per kid, please):**

Last Name	First	DOB	Age	Shirt Size: <input type="checkbox"/> child <input type="checkbox"/> adult circle one: xs s m lg xl
Parent's Last Name	First	Phone		Site Location: ①②③④⑤
Mailing Address		City	State	ZIP
email		Parent Signature (approval of waiver)		

Waiver: In consideration of your acceptance of this registration, I the above signed, intending to be legally bound, do hereby, for myself, my heirs, executors and administrators, waive and release all rights and claims against the persons or organizations associated or affiliated with this program, their representatives, agents and contractors. I attest that my child is physically fit for this program.

Please enclose a check for \$80 per child (yes, you may use one check per family) payable to KIDZRUNNING/USATF-AK. Optional membership USATF \$10 (must be a USATF member to participate in the Junior Olympic XC State Championship). Scholarship awards are offered by the Kidzrunning program.

**MAIL TO: KIDZRUNNING 2009**  
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