

FREE ALPINE RUNNERS KIDS RUNNING CAMP 2015

The Alpine Runners will be hosting a free kid's running camp for ages 6 through 14 on Monday nights from 6:00pm to 6:30pm starting Monday, June 22 and going through Monday, August 31 at Paulus Park, 200 S. Rand Road, Lake Zurich. We continue the running camp through September so the kids will be able to participate in the Kids Alpine Races Sunday, September 13, 2015. We have RRCA Certified Running Coaches volunteering for the kids running camp! For insurance, we do need the parents to register the kids at www.alpinerunners.com and to stay within Paulus Park. If a child needs any medications, please have it available and prepared. We do need some volunteers from the parents so if you could volunteer please give us your age preference of ages 6-8, 9-11 or 12-14 to beth@alpinerunners.com.

- Why should children run? Foundation Sport – Brings sense of Self confidence – Teaches patience and discipline – Healthy life long sport – We know if we can teach a child they can run and you have changed their life.
- The reason to do sports is first and foremost for fun and to promote and create a healthy lifestyle for your children.

4 keys for a kid's running program – Pace, Patience, Practice, and most of all Fun.