



LET'S RUN – KIDS!

Steinbach Soccer Park

Saturday, May 12th

9:30 am

“Let’s Run” 2018 will be for KIDS only! K-Grade 4 will have their own 2KM race on Saturday, May 12th. For \$10 (\$20 with a Let’s Run – Kids shirt) each participant will receive a fun filled morning including the race, food, a finisher medal, bouncers and more!

Our goal is to have as many kids as possible running. To help support this goal “Let’s Run” will be offering a simple “4 Week Program” to help kids train. All those who participate in this “4 Week Program” and hand in their completed form will receive a free Kidzone admission. Each name will also be placed into a draw for the grand prize; a scooter.

Please visit our website to register and for more information:

www.letsrunsteinbach.ca



4 WEEK PROGRAM

Each week has 3 days of runs scheduled. To complete a day, you need to run or walk for the time listed. We encourage you to train by running a minute, walking a minute, and then repeat until you have completed your time. Gradually you should be able to increase the time you are running. (e.g. Week #1: 1min run/1min walk. Week #2: 2min run/1min walk)

To receive your prize and be entered in the grand prize draw you must hand in this completed form when you pick up your race package on Saturday, May 12th.

APRIL 15 - APRIL 21

- Day 1: 6 minutes
- Day 2: 8 minutes
- Day 3: 10 minutes

APRIL 22 - APRIL 28

- Day 1: 8 minutes
- Day 2: 10 minutes
- Day 3: 12 minutes

APRIL 29 - MAY 5

- Day 1: 10 minutes
- Day 2: 12 minutes
- Day 3: 14 minutes

MAY 6 - MAY 12

- Day 1: 12 minutes
- Day 2: 14 minutes
- Day 3: 8 minutes
- May 12: RACE!!

PARTICIPANT NAME: _____

SCHOOL: _____ GRADE: _____

EMAIL ADDRESS: _____

PARENT'S NAME: _____

(my child has completed the 4 Week Program)