

RUN WITH US THIS SUMMER

SUMMER YOUTH DISTANCE RUNNING



Who

Open to youth ages 8-18 who enjoy running, working hard, and having fun.

Dates & Location

June 18th - July 25th, 2024
Locations TBA In Coeur d'Alene

- Tuesdays, 7:30 – 9:00 AM
- Thursdays, 7:30 – 9:00 AM

More Info

Participants are grouped by ability and run from 2–8 miles on flat and hilly terrain. **Youth are asked to run at least one mile without stopping.** If runners are not yet able to do this, we ask that a parent join practice to accompany them until they are able.

Deadline

June 18th, 2024 or until full

Register Online:

→ **www.northidahodistance.org**

Cost

\$200 / RUNNER

Sibling discounts available. We are committed to ensuring finances are never a barrier for any kid interested in running. Reach out to us for more info: allison@northidahodistance.org