



SUMMER RUNNING SERIES

Dedicated to empowering children physically, socially & emotionally in a supportive, community-based environment.

Age/Grade Distance Pre-K 2/3 years 50-Yard Dash Pre K 4/5 years 100-Yard Dash 1/4-Mile Kinder & 1st Grade 2nd & 3rd Grade 1/2-Mile 1-Mile 4th-8th Grade Alternate 1/4-Mile 2nd-8th Grade (Great for Beginner Runners) ALL ABILITIES WELCOME! \$35 *Sibling Discount **SUNDAYS INCLUDES: Finisher Medal** July 13, 20 & 27 Swag Bag **3** Racing Bibs *Rain Date: 8/3 Weekly Progress Report **Goal Tracker Sheet** 4:00-5:00pm **Frontier Park** For more information **Arlington Heights**

& to register visit:

www.cardiokidz.org

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