

AGES 2-14



# 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
Kinder & 1st Grade	1/4-Mile
2nd & 3rd Grade	1/2-Mile
4th-8th Grade	1-Mile
2nd-8th Grade	Alternate 1/4-Mile (Great for Beginner Runners)

**ALL ABILITIES WELCOME!**

**\$35**

\*Sibling Discount

**INCLUDES:**

Finisher Medal  
Swag Bag  
3 Racing Bibs  
Weekly Progress Report  
Goal Tracker Sheet

**SUNDAYS**

**July 13, 20 & 27**

\*Rain Date: 8/3

**4:00-5:00pm**

**Frontier Park**

Arlington Heights



For more information  
& to register visit:

[www.cardiokidz.org](http://www.cardiokidz.org)