

AGES 2-14



CARDIO**KIDZ**

FALL **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	75-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)

\$35

*Sibling Discount

INCLUDES:

3 Races & Bibs
Finisher Medal
Cardio Kidz Swag
Weekly Progress Report
Goal Tracker Sheet

ALL ABILITIES WELCOME!

SUNDAYS

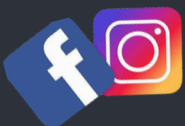
Sept. 13, 20 & 27

*Rain Date: 10/4

4:00pm

Pine Park

Hoffman Estates



For more information
& to register visit:

www.cardiokidz.org

Cardio Kidz NFP is a registered 501(c)(3) nonprofit organization