

AGES 2-14



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

Finisher Medal

Cardio Kidz Beanie

Weekly Progress Report

Goal Tracker Sheet

ALL ABILITIES WELCOME!

SUNDAYS

Sept. 14, 21 & 28

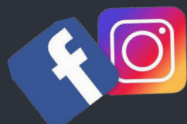
*Rain Date: 10/5

4:00-5:00pm

Pine Park

Hoffman Estates

For more information
& to register visit:



www.cardiokidz.org

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