



AGES 2-14



CARDIOKIDZ



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:

3 Races

Finisher Medal

Swag Bag

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

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