

IVS KIDS SUMMER RUNNING SERIES 2017

Get Ready to Run !!!

Opening day – Monday, May 1

Unity Point Health Proctor Hospital Fitness Path

Registration begins at 5:30 (ages 6 and up can register at 6:00 but will not be included in pre-run stretching)

Pre-run stretching begins at 5:50

Running begins at 6:00 – youngest runners run first.

Fee is \$2.00 weekly per runner or \$5.00 for families of 3 or more.

The IVS kids series returns this May offering area children a fun, non-competitive introduction to the sport of running.

Our emphasis is on participation, complete with finish line, individual times, finishing ribbons and refreshments. (Cookies & juice provided by Unity Point Health – Proctor) Everyone's a winner just by finishing!

The series is held weekly on Monday evening on the Unity Point Health Proctor Fitness Path. The series begins on Monday, May 1 through Monday, June 19. (No run on Memorial Monday, May 29)

Runners 3 and under will run approx. 200 meters & receive a ribbon for participation & refreshments. Parents are welcome to accompany these smaller runners but, must to line up behind unassisted runners.

Runners ages 4 & up may choose to run ¼ mi, ½ mi, or 1 mile and are free to run as many times as they want.

We will have t-shirts on Monday, June 5 for the May participants – first come, first served. No size guarantee. Special awards for all on our final night!!

All Kids ages 12 and under are eligible to participate. No minimum age requirement. Little ones welcome!

Runners are grouped together by age to ensure safety and compatibility - starting with the youngest ages running first.

Visit the [Illinois Valley Striders Facebook page](#) for current updates & changes

Questions? Contact Judy - jtolliver2@comcast.net or message me on Facebook

