



iRun4Life is a fun, noncompetitive after school running program designed to get your kids exercising and eating healthy. iRun4Life focuses on running, healthy nutrition, and doing good deeds in our community. Training will be after school until 4:30 on the following dates:

**September 15, 22 and 29**  
**October 6, 13 and 20**  
**November 3 and 10**

We will learn proper running form and pacing. We will also do warm up and cool down exercises, relay races, endurance running, and have talks about healthy nutrition. Our focus is to have fun running with our friends!

Key features of the iRun4Life program include:

- **RUNNING** – Each runner will log the miles they run on the [www.iRun4Life](http://www.iRun4Life) website by clicking on the red 'Kids log your miles and Deeds' link.
- **GOOD DEEDS** – Each runner is encouraged complete 26 good deeds by the end of training. Good deeds include extra help around the house, helping friends and teachers at school, helping in your community, etc.
- **HEALTHY NUTRITION**– We will encourage your children to eat a new fruit or vegetable each week, and drink a lot of water.

iRun4Life is open to **1st through 6th graders. Kindergartners are welcome if a parent or guardian remains with them.** *We will run rain or shine!* There is a **\$30 fee per child** to help defray the cost of t-shirts, incentives, healthy snacks, and administrative program fees.

Please register your child for the BCMCS iRun4Life running program by going to [www.iRun4Life.com](http://www.iRun4Life.com) and clicking on the orange '**Parents – Start here to register your kids & login**' link. It's that simple! **You must register online before sending in payment. Please pay the \$30 fee per child via Venmo to @Jessica-DeRose-5 no later than September 1.**

Proper footwear is required to participate. And please have your child bring a labeled water bottle to training each week to stay hydrated. A healthy snack will be provided!

We are also looking for parent volunteers to be coaches, help with handing out snacks, traffic guards, and extra runners for the teams. **You do not need to be a runner to be a volunteer!** If interested, please email Jessica DeRose at [jessica.a.derose@gmail.com](mailto:jessica.a.derose@gmail.com)

If you want your child to become active, have fun, and learn about exercise and healthy nutrition, then please join us for iRun4Life!