



iRun4Life is a fun, noncompetitive after school program focused on:

Running – Increasing endurance working towards a goal of 3k.

Good deeds – Including extra help around the house, helping in school and in their community.

Nutrition – Learning to make healthy food choices to fuel their bodies.

Training will be after school until 4:30 on the following dates:

March 15, 22 and 29

April 12, 19 and 26

May 3 and 10

no school on 4/5 *rain or shine*

Registration open February 14 - 25 or until the program is full.

Space is limited! All 1st - 6th graders welcome!

Kindergarteners must be accompanied by parent or guardian.

Go to www.iRun4Life.com and click on:

"Parents – Start here to register your kids & login"

Register online and send payment of \$40 per child no later than 2/25

Venmo: @Jessica-DeRose-5

Volunteers Needed!

You do not need to run to be a volunteer! If interested, please email Jessica DeRose at jessica.a.deroses@gmail.com