



**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.

**Eight-week session**

**Practice will be after school until 4:15pm**

**Tuesdays, April 18 - June 6**

**COLOR RUN will be held on our May 30th practice!!**

**Registration is open until April 11th or the program is full.**

**Space is limited!**

**All 1st - 6th graders welcome!**

**Kindergarteners are welcome but must be accompanied by parent or guardian.**

**Go to [www.iRun4Life.com](http://www.iRun4Life.com) and click on:**

**“Parents – Start here to register your kids & login”**

**Register online and send payment of \$75 per child Venmo:**

**@Jessica-DeRose-5**

**(please register before sending payment)**

**Volunteers Needed!**

**You do not need to run to be a volunteer!**

**If interested, please email Jessica DeRose at**

jessica.a.deroose@gmail.com