



## JUST RUN Youth Fitness Program

JUST RUN® epitomizes the guiding principles: **ACTIVITY** and **SIMPLICITY**. The goal is to get kids **RUNNING, WALKING** or **MOVING** regularly. It is a multifaceted youth fitness program developed by the Big Sur Marathon Foundation. It promotes *good citizenship* and *healthy eating* through Just Deeds and Just Taste. Virtual runs across the USA and Europe link points of interest and geographical and historical sites making it *educational* as well.

## Benefits

- \* Promotes life-long positive habits
- \* Promotes pride in accomplishment
- \* Non-competitive-all kids are successful
- \* Fun for children of all ages
- \* Group goal setting
- \* Educational: JUST RUN Across USA/Europe
- \* Good citizenship: Just Deeds
- \* Healthy eating: Just Taste

## Important Information

- \*Led by Astrid Doty, a runner for 30+ years, competed in distances 5k through marathons.
- \*Offered for 3<sup>rd</sup>-6th grades.
- \*Thursdays from 3:30-4:30.
- \* 10 Sessions; February 28- May 9
- \*Season may end with an optional local 5k race.
- \*Cost \$130 (Sibling discount \$20), includes Healthy Snack fee-inform me of allergies
- \*Small towel and baseball cap helpful but not required
- \* Space for 25 students, spot confirmed with a check to the office.

## Sign Up

Student: \_\_\_\_\_  
Teacher: \_\_\_\_\_  
Pick up Person(s): \_\_\_\_\_  
Phone Number(s): \_\_\_\_\_  
Email: \_\_\_\_\_  
My child goes to aftercare: \_\_\_\_\_

Students will meet in Heron Hall after school and look for the "Just Run" sign.

An email will be sent with further details during the first week.

Like our Facebook page for weekly updates.

## Just Run Thursdays 3:30-4:30

All communications through Astrid Doty [astridz@tampabay.rr.com](mailto:astridz@tampabay.rr.com), (813) 787-3689