

RUNNING CLUB

September 4 – November 13, 2024

- Practices: Wednesdays 3:30-4:30pm
- Games & Activities, Incentives & Awards
- Fun, Fitness & Friendships
- Themed Sessions we may include: obstacle course run, agility, barefoot running, trail running, challenge day and parents join in
- T-shirt
- Ghost 5k Race & Scarecrow Run*
- End of Season Party

Running is much more than just a repeated movement; its ability to not only challenge you physically but your mind and who you are is what makes it so special. You're either smiling or you're doing it wrong.

Running practices will consist of the following:

- Dynamic warmup
- Running drills
- Laps
- Running specific exercises
- Stretching
- Mileage tracking

We will hold discussions on the following topics:

- Injury Prevention
- Shoes
- Cross Training
- Progression
- Race Day
- Recovery & Rest

\$110 Registration Fee for

Enrolled After School Program students

\$125 Registration Fee for

Non-enrolled After School Program students



Space is limited to 25 registrants

fitwize4kids.com/ashburn/fitness/running-club

No running experience required

GHOST 5K & SCARECROW RUN*



SATURDAY

**OCTOBER 26, 4PM
DYNASTY BREWERY**

- Register by 9/27 for early bird pricing
- 5K includes: costume contest, t-shirt & medal after crossing finish line



<https://runsignup.com/Race/VA/Ashburn/Ghost5kScarecrowSprintFunRun>

** Participants need to register separately for this event & ensure they have a buddy to run with prior to registering for the race.*

