






4 kids

RUNNING CLUB

February 26 – May 7, 2025

Club will not meet April 16 due to Spring Break

-  Practices: Wednesdays 3:30-4:30pm
-  Games & Activities, Incentives & Awards
-  Fun, Fitness & Friendships
-  Themed Sessions we may include: Barefoot Running, Trail Running, Speed + Agility and Obstacle Course
-  T-shirt
-  Run the Greenway 5k/10k/Fun 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.

Running practices will consist of the following:

- Run Discussion
- Lap tracking + Shoe Collection
- Run Specific Drill/Exercise
- Logging Some Laps
- Cooldown
- Weekly Training Schedule (goes home with runners)

5k Training Plan for Runners and Parents NEW

What makes our club unique? Our 5k personalized training plan is for runners and parents to follow as we progress through each week to our 5k race.

\$125 Registration Fee for
Enrolled After School Program students

\$150 Registration Fee for
Non-enrolled After School Program students



Space is limited to 25 registrants
No running experience required

RUN THE GREENWAY 5k/10k/Fun Run*



SATURDAY, MAY 4
LOUDOUN STATION



[www.dullesgreenway.com/
registration](http://www.dullesgreenway.com/registration)

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

