



SUNDAY RUNDAY KIDS RUN CLUB

We're teaching kids great running form to be an efficient runner and making it fun! The experts at St. Pete Running Company want to inspire your kids to live an active and healthy lifestyle. This will be a fun, action-packed class that will help your little ones an appreciation and life-long love of running. The experts at St. Pete Running Company want to inspire your kids (ages 4-12) to live an active and healthy lifestyle. We will teach your little stompers the necessary skills for running such as cadence, stride length and pacing, using our FAST system: Frequency, Alignment, Stability, & Timing are the keys to their success.

- Parents are invited to join in at no charge. If you would like to help coach contact St. Pete Running Company.
- These **classes are outside** so please have children wear sunscreen, bug spray, and comfortable clothing. Bring a water bottle.

Training Schedule

Sundays from 2-3pm

- October 6 – Lake Vista Park - 1401 62nd Ave. S.
- October 13 – Fossil Park - 6635 Dr MLK Jr. St. N.
- October 20 – Northwest Park - 5801 22nd Ave. N.
- October 27 – Campbell Park - 601 14th St. S.
- November 3 – Gladden Park - 3901 30th Ave. N.
- November 10 – Crescent Lake Park - 1320 5th St. N.

November 16-17 – St. Pete Run Fest

Contact Information:

St. Pete Running Company: 727-800-5043
www.stpeterunningco.com

Registration:

- Day of training at each location
- Ahead of time at St. Pete Running Company
6986 22nd Ave. N.

Pricing with Race Entry for St. Pete Run Fest PeliKids One Mile

\$60 first child in the family
\$30 each additional sibling
Pricing without Race Entry
\$40 first child in the family
\$20 each additional sibling

Drop-in Class

\$10 drop-in for a single class

**Scholarships are available.
Call for more information!
727-800-5043**

**Includes: water bottle and shirt at
first practice, medal at last
practice celebration on Nov. 10,
snacks each week**

