



iRun4Life is a fun, noncompetitive after school running program designed to get your kids exercising and eating healthy. iRun4Life focuses on exercise, healthy nutrition, and doing good deeds in our community. Training will start **Friday, March 22nd, 2019** with our goal race being the **iRun4Life Kids Only 3K (Sunday May 19th)**. We will train for 1 hour after school in teams of 10-15 students and will learn proper running form and pacing. We will also do warm up & cool down exercises, relay races, endurance running and talk about healthy nutrition.

Key features of the iRun4Life program include:

- ***RUNNING*** - Each runner can log the miles they run on the www.iRun4Life website by clicking on the red 'Kids log your miles and Deeds' link. Enter your username and password and input the miles you ran each week. A runner can record double miles if they run with a parent or guardian.
- ***GOOD DEEDS*** - Each runner is encouraged to complete Good Deeds. These include extra help around the house, helping friends and teachers at school, helping in your community, etc. Each student can input their good deeds by date on the www.iRun4Life.com website in the red 'Kids log your miles and Deeds' link.
- ***GOAL RACE*** - Our goal race is the **iRun4Life Kids Only 3K on May 19**. Participation in the race is strictly voluntary. Please note that registration for the race is separate, and there is an additional fee. Details will be made available after the start of the program.

iRun4Life is open to kindergarteners through 6th graders. We will practice on Friday's from 4:00pm (kids will be dismissed to the gym) until 5pm. The majority of time we will be running the path behind the playground. We will run from March 22nd through May 17th, no meeting on Friday April 19th. We will run rain or shine! There is a **\$25** fee for the first child to help defray the cost of t-shirts, incentives, color run and healthy snacks. The fee per sibling will be **\$20**.

Please register your child for the Butler iRun4Life running program by going to www.iRun4Life.com and clicking on the orange 'Parents - Start here to register your kids & login' link. It's that simple! You must register online before sending in payment. Please include the registration fee (cash or check) made out to **(Butler PTO)** and have your child hand in the money to their homeroom teacher or office no later than March 15th.

We are also looking for parent volunteers to be coaches, help with handing out snacks, traffic guards and extra runners for the teams. You do not need to be a runner to be a volunteer! You can sign up in the portal when you register your child. Any questions, please email Karen Cassidy at runbutler@gmail.com.

Registration opens today and will close Friday March 8th. If you want your child to become active, have fun, and learn about exercise and healthy nutrition, then please join us for iRun4Life!