

K R T N S P R I N G 2 0 2 1

Kids Run the Nation is a nationally recognized running program for boys and girls to teach and encourage kids to lead a healthy and active lifestyle.

Your child will learn the ins and outs of running, being fit, and most importantly, having fun.

Here's a sneak peek of Kids Run the Nation!

- warm-up and cool-down exercises
- proper running form
- agility drills
- gym games
- fun full body workouts
- the importance of nutrition and hydration

...and so much more!

Kids Run the Nation is a wonderful introduction to running for future cross country and track and field athletes.

The spring 2021 session is designed for children currently in grades 2-6.



**SIGN UP EARLY!
SPACE IS LIMITED**

**NO EXCUSES
TRAINING**

WWW.NOEXCUSES-TRAINING.COM

KIDS RUN THE NATION SPRING 2021

May 2, 9*, 16, 23, 30
1:30 pm - 2:30 pm

@ the Orange High School Track

SIGN UP!

<https://noexcuses-training.com/kids-run-the-nation/>
rachel@noexcuses-training.com
440.815.1RUN (1786)

Program fee: \$50

**bring mom on Mother's Day!*

About Coach Rachel Frutkin

Coach Frutkin is the head coach for cross country and an assistant track and field coach at Orange High School. She is level 2 USA Track and Field (USATF), Road Runners Club of America (RRCA), and National Academy of Sports Medicine (NASM) certified. She has been coaching adults and youth athletes since 2015.