



2016 "I Can 26.2 It" Youth Running Program

A youth running program with a focus on FUN
(designed for ages 6-12)

*Created by the Badgerland Striders in cooperation
with Girls on the Run of Greater Milwaukee*

Summer session begins July 25, 2016!!

Register today at: www.youthrunning.zapevent.com



It is the mission of the Badgerland Striders running club to help our area kids stay motivated, active, and healthy. We also know how to have a lot of FUN along the way! Sign up today and receive:

- ★ 10-week "I Can 26.2 It" training program
- ★ Official newly designed program shirt
- ★ Weekly group runs at fun and different locations around the area
- ★ Expert advice from coaches & avid runners
- ★ Motivational email messages to keep you moving towards your goal
- ★ FUN, FUN, FUN!!!



Check out all the fun on this video:

<https://youtu.be/zqqVdKiZ6JM>

We'll provide children with a 10-week training plan and mileage chart, guiding them towards completing 25 miles over the span of the program. The last 1.2 miles of their "marathon" then will be run on the morning of Milwaukee's Lakefront Marathon on October 2, 2016. It will be a celebration they won't soon forget as they run through the chute and across the official finish line of the marathon to the cheers of family and the roar of spectators already gathered at the park.

Along the way we'll also have some fun running TOGETHER at:

- * Milwaukee County Zoo
- * Miller Park
- * Local tracks and trails
- * Area parks
- * And more TBD

ALL FOR ONLY \$15

I can and I will.
Watch me!

NEW THIS YEAR: Parents are encouraged to lace up their shoes and join in the fun! We'll have a special workout planned just for you. Motivate by example!!

ALSO NEW THIS YEAR: We've added a 5K training program (and 2nd run distance at the Milwaukee Lakefront Marathon) for our older, more experienced participants.

PLEASE VISIT US AT: WWW.BADGERLANDSTRIDERS.ORG FOR MORE INFORMATION