



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BORN TO RUN

Road Runners Youth Running Group

Develop a life-long love for running in this 8-week program for children ages 6 and up. Meet new friends, learn to run in a group, and build confidence as you set a goal of running a 5K and work each week towards race day. Support physical activity with healthy habits and nutrition information in this fostering environment with caring coaches and friendly teammates. Program finishes with the Alexander County Family YMCA Relay for Life 5k Race, on April 28, 2012.

WHO? Boys and girls ages 6 and up

WHEN? Practices on Tuesdays and Thursdays, from 5:30pm to 6:30pm, starting March 6th through April 28th 2012

WHERE? Matheson Park and the Alexander County Family YMCA walking track

COST? \$35 per Y member \$45 per potential member
Relay for Life Race Cost is additional \$10 per Road Runner participant
Road Runners additional t-shirts Cost \$13

Registration begins February 1st. Register by February 24th to avoid \$5 late registration fee. For more information contact the Alexander County Family YMCA at 828-632-9699.

ALEXANDER COUNTY FAMILY YMCA

260 Black Oak Ridge Road Taylorsville, NC 28681

P 828 632 9699 F 828 635 1016 www.ymcanwnc.org A United Way Agency

Our Mission: "Helping people reach their God-given potential in spirit, mind and body."